

AJR Transcript Debra Silverman

0:00:01 - Annncr

Julie Ryan, noted psychic and medical intuitive, is ready to answer your personal questions, even those you never knew you could ask. For more than 25 years, as she developed and refined her intuitive skills, Julie used her knowledge as a successful inventor and businesswoman to help others. Now she wants to help you to grow, heal and get the answers you've been longing to hear. Do you have a question for someone who's transitioned? Do you have a medical issue? What about your pet's health or behavior? Perhaps you have a loved one who's close to death and you'd like to know what's happening? Are you on the path to fulfill your life's purpose, no matter where you are in the world? Take a journey to the other side and Ask Julie Ryan. Hi, everybody.

0:00:44 - Julie

Welcome to the Ask Julie Ryan Show. It's where we blend spirituality and practicality to help you live a life of purpose and joy. Ever wish life came with an owner's manual? Well, according to my guest, Deborah Silverman, it does. It's written in the stars. For over 40 years she's been blending astrology, humor and psychology to help people laugh at their quirks, love who they are and live with more joy. Join me for a cosmic conversation that's sure to be as entertaining as it is enlightening. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go chat with Debra. Debra, welcome to the show. I'm so thrilled you could join us today. Thank you so much. You describe astrology as, quote, medicine for the soul. What do you mean by that?

0:01:43 - Debra

I think the psychology because I am, I have a master's in clinical psychology and psychology was supposed to be the healer, which I suspect has great power there. But when it's combined with astrology, the medicine becomes very specific. So it's a custom designed medicine that specifically identifies the person you're sitting in front of, because typically in therapy the therapist doesn't know you from Adam and it takes a long time to download the nuances and usually you have a terrible opinion of yourself. So the way that you're going to present yourself when you go into a therapy session is you have a problem. That's the first thing people say. They always present their problem and I'm looking at the chart going uh-uh, that's a reframe we need here and that's the medicine is taking. What you think is wrong, because you don't go to a therapist and say something's wrong, and reframing it with this was exactly what your personality is supposed to be doing. Now. Here's the high road and here's the low road, so we can distinguish that, but you can't change your personality.

0:02:40 - Julie

Say more about that. What do you mean? You can't change your personality. If somebody is just like born in a bad mood, they're going to be in a bad mood their whole life.

0:02:48 - Debra

No, that wouldn't be a personality. That's an emotional topic. So I would say that personality, like if I look at your chart and I see specifically what is your character. So let's just see here. I love using astrology firsthand.

0:03:04 - Julie

So you do, you know my birth date, or my birth month, or everything.

0:03:07 - Debra

You're a Taurus, so you're a very grounded, solid personality. If I said to you, oh, just leave it, it doesn't matter, don't follow through, don't be consistent, you'd be like, oh, it's hard to change the instinctual part of your personality, so we want to give people permission, slips to go? No,

no, you're supposed to be solid and stable and reliable and consistent. That's the most natural thing and it's not going away.

0:03:33 - Julie

Well, that's profound, because I've always thought of personality. If somebody's always in a bad mood and they're cranky, I always think they just have kind of like a sourpuss personality versus somebody who's joyful and seems to be living life to the fullest and all of that. I think well, their personality is really happy.

0:03:53 - Debra

but you're saying that's not the personality I would distinguish that as a mood, that there's certain people that have an emotional body that discolors everything and if they're prone to aggression, that's a chemistry game. If you're prone to being grumpy and you have a negative self-talk, it can be identified through astrology. That would be a classical Virgo personality type, or cancer, where they really do feel all the time and they can't alter their mood. That's a personality trait that's described by the chart. And then I get to say to the grumpy one excuse me, what you really want to notice is that you're so sensitive and you need to really take care of your vulnerability and it turns into a beautiful gift rather than oh, I'm so sad. So there's a way to reframe those personality traits, because they don't go away but they do have. The free will button is simply I become aware of my personality type and I give myself permission and everything relaxes.

0:04:48 - Julie

All right, that makes perfect sense. That's brilliant. I've been talking to you for less than five minutes and you're already throwing out brilliant things here. Girl, is that going to?

0:04:57 - Debra

be one of your reels?

0:04:59 - Julie

Yeah, could be. Some believe they were born at the wrong time. Is it possible for a person's chart to be stacked against them? That's such a great question.

0:05:10 - Debra

So I always say God wasn't having a bad day when she made you. She was following directions from your Akashic records, from your history, from your past lives. There's inheritances, like some people spent the last 20 lifetimes and they worked and worked and worked. In this lifetime they came in wealthy. Some people were artists in a past life and spent their entire lifetimes not making any money but painting all day and they came in with the skillset as a child. So there's inheritances that come in. It's true, and that is a timing factor. You're right.

The chart does say some charts I can look at and go, oh my, they really took on a lot of karma this life and it's not an easy chart. I can really look at that and see it. And some people came in with effortlessness and you see it in children. That, to your point, the happy continent you know that personality type that's smiling, and then the one that came in grumpy. And there's a way. This is where the medicine comes in. Once you're aware of it and you're inside the astrology chart, you can say to the mom listen, this kid needs quiet, they don't want to go to the party, they're going to look grumpy at the party because they love being home and I get to tell moms and dads this is the nature of your child. Now you follow their nature and they become very happy. That's what happens.

0:06:21 - Julie

Wow. Hidden links? Obviously yes. Can you share a story and maybe you just did with this child example? You did, but can you share a story where astrology completely transforms somebody's life? Give us another one. The child one was a good start.

0:06:39 - Debra

So let's do an adult one. So someone comes in. It's a great example. She came into the first session.

She's very Taurus, she was very shy, she had a personality type that was stable. She worked really hard, successful, but not public, doesn't hit a public face. So I'm in the room with her and I'm looking at her chart and I'm like hold on a minute, you have so much fire in this chart, where is she? And she was like well, when I was a kid I was really athletic but I left that behind. I'm like hello, if you don't move this fire and reactivate what you left behind, you're going to end up getting overweight, being lazy and feeling really stuck. And so she started exercising. She realized all the fire that was in her chart. That was built there when she was a kid. It was effortless, but as she got older it got left behind. And her husband wrote me and thanked me and said she lost all this weight. She's back in her body. It was just because she didn't recognize that she had this gift that was still waiting. Even though as a child it was there, it diminished as an adult.

0:07:36 - Julie

Because she was overwhelmed with all of the things that she felt responsible for, all the practical things, called her name. Yeah, yeah, my girlfriends and I laugh and you probably have had the same conversation and our husbands say yeah, honey, I'm going to bed, I'll see you up there, and he goes to bed and he's asleep and I've got 15 things I got to do before I get into bed. I got to check the, you know, make sure the plants are watered and make sure the dog has water and make sure that the doors are locked and the the alarm is set and the dishwasher's on, and the yeah, that's your Aquarius rising.

0:08:10 - Debra

That's the part of you that moves at the speed of light. It's very different than your ego personnel. You're slow, but you've got a part of your chart that's a speed freak who's just always noticing the future. She's always noticing what should be getting done. That's where she goes, yeah, and then, of course, your husband doesn't have that. So he's like can you relax? And you're like not really, yeah Well.

0:08:31 - Julie

I'm learning to relax. Yeah, it takes time.

0:08:33 - Debra

That's the point of astrology you become aware of, like why am I impulsive, yeah, why am I moving fast?

0:08:39 - Julie

But makes a good CEO and inventor, which is what I am. Exactly. So, yeah, why do you think astrology has survived for just forever? I think it's been around for forever and it's in all cultures. Why is that?

0:08:55 - Debra

4,000 years old. It's the truth. I mean, we know when the tides go in, that the full moon is. We can look at a farmer's almanac and know exactly what the waves are doing. We know a woman's cycle by 28 days. Everything on this planet is ruled by. Lots of things is ruled by the moon.

But we've lost the understanding and we put it in the back room and called it a parlor trick. Somehow it got put by the church. They were like you don't need to know about your individuality, you need to follow. So it wouldn't help me to tell you what your personality is, because you're part of this group and you've got to conform. So it got taken out. But the truth of it can't be taken out.

It's still like every person like I live in Hawaii and all those men on those boats because I know them they know all the moon cycles. It's been passed on by words through the Hawaiian culture. They know what cycle they're in. They know where to go according to the sky. This was ancient times. We always had a relationship with the stars and the cycles and the moon. It was our friend. But then the lights all came on. Electricity arrived and we suddenly got this entirely new idea that we didn't need to use nature as our guide and we went into technology, and so astrology is the last remnant of an ancient science based on hard data. It's not woo-woo, it's astronomy. Like I know what time you were born, where the planets were, and from that I can tell you and they've been saying the same thing for a thousand years the personality type that comes with it. It's so funny.

0:10:31 - Julie

Well, I love how popes and kings and world leaders today Reagan was famous, nancy Reagan was famous for having President Reagan's church done, especially after he was shot, and they didn't go. She would not let his office plan things unless they consulted the astrologist first to see if it was an okay day for him to go travel or whatever.

0:10:49 - Debra

I'm happy, and that's something I don't do. I don't do predictive astrology, it's a specific specialty. I work psychologically, but more than that, I work soulfully. So I ask what did this soul sign up for? This life that's my whole school is based on. What's your purpose, what stands between you and your purpose, and how do you get into that sweet spot where your personality lightens up because you're being yourself? So I'm more psychological than I am predictive, although I do know how to do it.

0:11:16 - Julie

First time I had my chart read. Some rocket scientist. I was born in Columbus, ohio, in the late 50s and some rocket scientists decided at the Department of Records or whatever for the state that the birth time didn't need to be on the birth certificates. So people that were born in the 50s and 60s in Ohio, the time of birth is not on the birth certificate and when I was having my chart done for the first time, my mother was deceased. My dad was still living and I asked him. I said do you have any time? Any idea what time I was born? He's like no, we were in a hospital for hours. You know fluorescent lights. I don't know what time any of you guys were born. So I called my mom's spirit in and asked her and she gave me the time and then I gave it to the astrologer and she said, well, this, this, this and this should have happened at those times. And she was right on the money. So why is time so essential?

0:12:16 - Debra

Story. I love that story. Timing is everything. Think about it. Think about life and how you met your husband and how the kids arrived and how you changed jobs. And while you can't see it back to my point, until we speak this language we can't really translate how important it is. But once you're aware, like I, can predict when people are getting married, when they're getting divorced, when they're having babies, what their baby's personality is like, what they're going to do when they grow up, it's so evident to a seasoned astrologer and I have get this 30 astrologers that I've trained who are now doing readings full time because I do this game called matchmaking, matchmaker, matchmaker make me a match, I get the chart and then I fix them up with the right astrologer on my team. It's because I've seen over and over again that timing

is like it's shocking how accurate astrology is and once again it got left back there in some kind of a like no, come on, you didn't drink the Kool-Aid, did you? Yes, I manufacture the Kool-Aid.

0:13:16 - Julie

Right and back to the moon and the tides, that discussion. A couple of minutes ago I lived in a sorority house in college. All of us had our periods at the same time. We all synchronized like metronomes. What's up with that?

0:13:29 - Debra

That's rhythms that occur at the water level. That is the moon. And if you think about it, everyone cries at a funeral, everyone cries at a wedding, everyone cries at the same point. In the television we have these impulsive, instinctual rhythms that make us the same. It's a universal song, but for some reason we have disregarded our like. When the bodies all go into tandem, we think it's America. No, we're in constant flow with each other. There's moods during the day, and it's described by the moon.

0:13:59 - Julie

Interesting. Yeah, we used to laugh because you know all the base paper baskets were full of tampon applicators At the same time. We all knew you know everybody's like 70 girls all at the same time. You're wild, wild. Your new book. I Don't Believe in Astrology. What a great title Challenges Skeptics. What's the most surprising truth you've discovered that can open even the most doubtful hearts to astrology's wisdom?

0:14:31 - Debra

So I'm going to ask you a funny question what happened in 19,? I think it was 91 for you. You were just turning 30. Are you born in 61? No, I was born in 59. 59. I'm older than you. So what happened in 1988, 89? That would have been. This is going to prove astrology what happened.

0:14:48 - Julie

Yeah, yeah, 89, I got married.

0:14:50 - Debra

Okay, stop right there. Every single person's chart I can point to when they got married, when they got divorced, when they. So that's timing and that's the amazing part. And in the book it's Saturn. Saturn is ruthless and it's relentless and it's completely predictable. So at 28 to 29, everyone you know will have gone through a major shift getting married, getting divorced, changing jobs, changing cities, having a baby, losing a baby. It's crazy. So there's one of the very strong. That's what made me. I came as a skeptic. I was like, come on, this stuff doesn't work. And then, after literally I'd been doing this for 50 years, After so many years of doing it, I was like every single I can turn to someone and say what happened and she tells me that's the year she got married. I randomly pick a number out of a hat that's based on Saturn and you're spot on. That describes astrology's value.

0:15:40 - Julie

Wow, you want to try another one, just for fun.

0:15:44 - Debra

I love that so much. It would have been 2019. You should have had another major 2019, 2019.

0:15:54 - Julie

Yes, just five years. What happened in 2019?

0:15:58 - Debra

My son got married Son got married. So these are the markers where your whole world shifts, the whole thing, and it's whole right. And there it's another Saturn cycle and Saturn is a very influential. I'm in love with Saturn. I'm doing a special class with a summit that I just designed recently. That people don't realize that there's this clue. It's a really powerful clue that gives you permission to prepare. Like I could have said to you 2019, your whole family structure is going to shift. Like I could have said to you 2019, your whole family structure is going to shift. And you would have been like oh. And you, or I could have said to you in 1989, you're going to oh, like I found my husband. And these are described by timing brought to us by the stars.

0:16:37 - Julie

Yeah, wow, yeah. I met my husband and he asked him to. He asked me to marry him three days later and I said, ah well, you know, let me think about it for a little bit. And then we got married, like three months later. So, yeah, yeah, saturn was busy bringing him into the picture, obviously. How about that? How'd you get into all this cosmic stuff? Were you a stargazer as a kid?

0:17:04 - Debra

No, I like I think I was reading your story as well. I've always had a very, very strong intuition and as a child my dreams came true. I had the gift of being able to see people and who they really. I could see people's illnesses Like. From a very young age I had this gift, so I can't say that I learned it per se. The intuitive part it came instinctively. And then, as I started to utilize astrology and psychology, my practice just boomed because it was so accurate and people's lives were changing. So it started off with uh-oh, I'm a little weird. And then uh-oh, I'm fascinated by astrology. I can't get enough of it. I'm so in love with it to this minute. And then I followed my love.

0:17:47 - Julie

Well, what introduced you to astrology?

0:17:51 - Debra

It's such a strange story, julie. I was in university studying dance and I had a friend who was there. She was a triple Gemini, she was an astrologer, I didn't know and she had to drive across the country. We were in Canada, I was in Toronto and she had to drive across country for three days. And she said to drive across the country. We were in Canada, I was in Toronto and she had to drive across the country for three days. And she said to me would you come with me? And I said she had just done a reading for my family for the Jewish holidays, right about now, like in 1976 or 75. And I was so excited like I could not believe, because I had a very eccentric.

Woody Allen went to change one outfit. They were little Jewish folks that were the cutest little things, but they were very eccentric. And she went around the table and described everyone and I said I'll make a deal with you if you want me to drive across the country, so you're not alone and you'll fly me home if you'll teach me astrology in the car. She was like sure. So we so literally for three days I'm just taking notes. And then finally, on the second day, she was like Debra, in the back of the book, in the back of the car is a lot of books, just pick. I said no, no, no, I'm auditory, keep going. And I just made her repeat it over and over and by the time we got out of the car, I was obsessed with astrology. And then I had a dream, as I used to have this little Chinese lady who followed me around in my dreams and she was screaming at me in the dream stop acting so dumb, silly. You've been doing this for lifetimes. And I woke up and the next day I started charging.

0:19:12 - Julie

Wow. And then how did you integrate it with your therapy?

0:19:16 - Debra

practice. We're the same age and so it was during the you know, this was the seventies and it wasn't a popular time. And by the time I got to graduate school, they were like I wanted to do research on psychology and astrology. And they were like, come on. I was like but I have a very strong personality you probably can't tell and so I insisted that I do a research project on chronic mental patients in astrology. And they let me do it, and so I integrate, I integrated and then I found out get ready, Carl Jung was an astrologer and he was quoted to say psychology will be a dinosaur science until it includes astrology.

That was in the seventies. I found that out in the eighties, so I just hitchhiked and said, okay, everybody, I'm going to do this. I just gave myself permission, even though I had no support, because they were like what she was from Harvard. She was a super, super superstar, this supervisor, and I said to her you know, let me just try it. And there was such a correlation between mental illness, what I found in the charts, and I made this whole research practice and they were so impressed with me.

0:20:20 - Julie

And so when you got out of school and you opened your practice, you just it was already integrated and it was. Did you advertise that that was part of your menu of offerings? It was all.

0:20:31 - Debra

I was prepared to do it. As soon as I started I realized because I was in supervision and when we would sit with people as I described, they come in with everything wrong and I'd be like hold on a minute. I'd look at the chart like I would look at yours and go you have a workaholic. This isn't going away. If you're thinking it's a problem, I'm taking that off your plate because it's not a problem. So I'd reframe. The very thing people think is wrong with them is what God gave them to participate with.

0:20:57 - Julie

And do we choose the semblance of the script that we want to come in and explore and experience. So would somebody who's a workaholic go? I'm incarnate as a workaholic, and then I'm going to see where that goes.

0:21:13 - Debra

I get offended when people say that we choose our parents. I mean, I would never have chosen my parents. Let's start there. But I do think it was an assignment. I think there's a karmic Akashic record. There is an organization beyond this level. Einstein said it the best God's not playing with dice, it's organized, there's a rhythm, there's a season to things. It's really organic. And so when you come in, if you have many lifetimes back to what I said, I'd been an astrologer for a lifetime. Surprise, I came in this life running right towards the stars.

0:21:44 - Julie

Yeah, yeah, well, yeah, and I found out that I've been a healer for billions of lifetimes too. Yeah, and then we explore different aspects of it in different ways is what I've found. I've done it the traditional way, the healing thing as an inventor and manufacturer of surgical devices, and now I'm doing it the woo-woo way, but it's all still about healing. How has that materialized in your life? You were interested in astrology. How has that grown and evolved over the years with you and with what you're interested in and your practice? Great question.

0:22:23 - Debra

I started. So when I hit 60, which was almost 10 years ago, I started a school and I didn't really know what it meant. If someone said, do you want to do an online school. Because of our age, I was like what I'd never heard of it. So at the sweet age of 60, I jumped in both feet, hired all

these women, started a company and didn't know at that point, because at that point I was a practitioner, I was working one-on-one for years and I had a lot of, you know, very wealthy clientele. I had celebrities, I got really well known, but I never ran a business for a school. And the next thing I know, it's 10 years in and the school has. It's amazing. We've had 8,000 students come through and study who don't know anything about astrology Beginners just like you think it's a little interesting. And then I give them the bad potato chips and they can't stop eating them.

0:23:13 - Julie

Yeah, I think it's fascinating. I don't want to know all the intricacies. Give me the bottom line yes.

0:23:20 - Debra

So one of the things about your chart is the sweetness. Give me the bottom line, yes. So one of the things about your chart is the sweetness. So one of the things about your chart is the sweetness that you really are kind. Your moon's in Libra and so, being a Taurus Libra, it's like for you, fairness and people being reasonable and taking the high road is a really big deal for you. And you're like the balancer, you're like the mediator. You're like please, don't fight, you're always trying to bring peace. Yeah, you go.

0:23:48 - Julie

True, but why is that that I feel like I don't need and this may be the business woman in me. I don't need to know how and all the details, I just need to know the bottom line. You're the expert, just need to know the bottom line.

0:24:03 - Debra

You're the expert, you do your thing, you tell me what I need to know. Yes, as such a smart businesswoman, why am I wasting time on things that aren't interesting? You value time.

0:24:08 - Julie

Yeah.

0:24:08 - Debra

Yes, and I don't need to learn it all. I got you Sorry, right, and you just the example. At night, you're in the future preparing and planning things. The last thing you need is extra data that's going to weigh down your mind. It's heavy enough.

0:24:22 - Julie

Yeah, yeah, you say, the stars don't predict our future. They reveal who we are. We've touched on that here briefly earlier in this conversation. Please expand on that and, for somebody who's hearing this for the first time, give them the cliff notes on how this is all set up and how it works.

0:24:45 - Debra

I can't, in all honesty say that I'm an expert, because there's a big mystery in why Pluto, the furthest planet out, is in perfect order when it comes and hits your chart. It's a major change, just like Saturn. So there's some abstraction, there's some mystery. You have to suspend your left brain, but you can move over to your right brain, which is your intuition and your knowing, and that's where astrology really stands out, so that questions that how does it work, or where did it start, or how can it be I love those questions and then it always leans into do you have faith in gravity? Because you don't know how that works? Do you have faith in love? Because you have no idea where that comes from? You can't see it. Do you have faith in God? You don't know where the? So it's the same with astrology. There's this deep lying abidance I have

because it's the oldest science on earth. It's passed the test of time and for me, after 50 years, I can confidently say there is not one person's chart that I can't say the year they got married.

0:25:42 - Julie

Well, the other thing too is, I think all of us we know when something resonates with us, we know in our bodies okay, this may not make logical sense, but this is there. There's something to this.

0:25:58 - Debra

You're just writing this the distinction between linear logic. But then the soul feels in their body and knows the truth. This is so true of you. And when the body tells the truth, it doesn't lie the mind, the mind and all the stories. I do believe in astrology. I don't believe in astrology. It's like so much noise. Let's go rely on our heart, and that's what's made my popularity, why my school has been so successful Because you can feel when I'm talking how I'm. So I'm in love with astrology. I've seen miracle upon miracle just happen this weekend People falling in love right in front of me, explaining to their husband this is why I don't talk.

I have no air in my chart. Or this is why I clean all the time. I have all this earth in my chart. Please stop getting mad at me. I can't help but criticize you. I got all this Virgo or gee. I really wish that you would laugh a little more, because I'm supposed to be funny and you're not getting the joke. You know we explain it to people like this. Is what your personality. You need some feedback, little Leo. Someone has to applaud and laugh at your jokes or you're going to get your feelings hurt. This one doesn't want you to talk to him. He's busy studying, reading, cleaning, and you're annoying him with all those words, and that's what I can do. Looking at a chart I love it.

0:27:06 - Julie

Do galaxies far, far away affect us as much as the planets that are in our own galaxy?

0:27:14 - Debra

I don't know the answer to that. I would suspect that because you know one of the I'm teaching for Shift Network in November the combination of the Tarot and astrology and that they're best friends. This is really random, but in the 15th century the Tarot deck, which you probably know of, started and there's 22 major arcana cards. They're like the 56 playing deck, that's the regular deck, but there was these 22 that were spiritual cards and every one of them get ready. 12 of them were the 12 signs because we know there's 12 signs and the other 10 of the 22 were planets. But the cards were developed in the 15th century and we didn't find Pluto till 1930, but they left exactly enough cards for our system, our Milky Way. Someone knew that this was a closed system, so inside that system we have to master this reality.

So when people talk about Mars or going out to other, I'm like hold on, hold on, hold on. Didn't they give you the assignment this time to come here? Can we just settle down for a minute, because we're not doing real good and it's really a scape art to get out and start thinking about abstraction when really the question is is my heart open? Am I in love with my life? Can I accept my fate? Am I wrestling with victim? These are the questions that should be asked, not about the outer planet, woo, I mean. To me it's fascinating. I go to the planetarium every chance I get and the absolute, practical, applied astrology, which is the name of my school, doesn't include those outer planets.

0:28:46 - Julie

So Spirit's talking to me in my head about this, while I'm listening to you and I'm hearing. They absolutely play a role. All those other galaxies far, far away, and what I heard from Spirit was it's like they're all balancing each other. Spirit was it's like they're all balancing each other. It's like it's a big kaleidoscope where one is moving and the other one moves and it's all keeping it

all in one big I'm saying goulash, you know one big Galaxy. Galaxy really that's comprised of what? Hundreds of billions of galaxies, but they're all interrelated and they all affect each other is what I heard.

0:29:28 - Debra

Yeah, my question is always how does it apply to the human condition? Because that's probably true. And what's the point? I'm very practical. My whole business is how do I change your life for real? But I love listen this conversation, abstraction going to the planetarium is like my favorite candy.

0:29:49 - Julie

What I'm hearing is that they have an effect on our solar system and our solar system has the effect on us as humans, which would make sense because they're far, far away. You know, hundreds of billions of light years. Even the planets that are in our own solar system are so far away, so many of them, that it's fascinating that they have as much influence on us.

0:30:19 - Debra

The sun is 93 million miles from us, from the exact distance to keep this planet at the exact temperature that will survive the human See. That's why this system is so airtight. It's enough just to manage this and figure out how, as a human, I can evolve my soul. Because that's why you come here. Announcement the evolution of the human species is your job. Every single person listening to this. That's why you're here. You took on the human. You took on all the drama. You got those parents and you got that illness and you got that husband. You lost the dog and all of that is a practice. It's such a beautiful practice of the human refining the species that we are.

0:30:58 - Julie

And we're here to have the human experience to your point. You know, in between lives we're in heaven. Everything's hunky-hunky and you know, we all are taught in our Judeo-Christian culture that you've got to strive, that you can, you know, be in paradise.

0:31:14 - Debra

Well, I'm not saying heaven's boring, but that's why so many souls are clamoring to come to earth because they want the human experience to be able to create and to cry and to laugh and to have an orgasm and to eat and to smell and to dance and to have death. Come to your house. This place is a full movie, Like we are in a unbelievably ecstatic. You know, I swim every day and I get in the cold water and I think what am I doing? It's so cold. And then I use my body, I go. There's no angels can go swimming with me, it's just me as a human. The angels are flying around. They don't get to get in the cold water.

0:31:53 - Julie

Good point. I love that. Why do people often feel seen when they hear their astrological chart explained, more so than any other way? They come see a therapist. They're talking to a loved one, perhaps a grandparent who just thinks they hung the moon and all of that, but they really feel like, okay, this person gets me because they're telling me about myself with my chart.

0:32:23 - Debra

It's so much fun. You can imagine how much fun my job is. It's because astrology is very, very detailed. It's not generic. People think it's generic. You can meet a Virgo who says I've read all books. I'm not a Virgo. What they don't know is they have five planets in Libra. They're not a Virgo. So it's a generalization. Astrology has bad PR. People just made it into a cheap date. It's not really got depth. Remember when we were kids we would get those little tubes at the grocery store or it'd be in the magazine. Everyone had astrology in the magazines and the newspaper Gene.

0:32:53 - Julie

Dixon. My mother read Gene Dixon in the paper every morning.

0:32:57 - Debra

Ridiculous, just to say so. The point is we have a deep remembrance of it. Yeah, quality of distinction what you're asking. When you go to a good astrologer, you finish a session, you're like she knows me better than my mom, and it's such a good feeling because you're being seen and you're being given permission slip Like okay, little workaholic, this is what you promised, taurus, you're holding down the fort. That's what you came here to do.

0:33:32 - Julie

So then you go oh thanks, now I can be myself. So how do we get out of the negative aspects of that? When somebody is a workaholic, so let's take it a step further to help them better their lives, how do they balance that with the work, family, social balance, all of that, I find find out. Somebody finds out all right, I'm a workaholic. Now what?

0:33:46 - Debra

Right. So this is what we call earth. In my system it's Taurus, virgo and Capricorns. They all suffer from this, and the medicine for that is just to slow down. There's no problem. You're always gonna do the dishes. You're gonna be the designated driver. You're gonna take care of the money. You're going to make sure we're on time. You're going to call everybody to make sure they have a ride. That's who you are. You're a practical person that's taking care of us.

Now it can get over the top where you leave yourself out and now you're broken and you're spent and you're unappreciated. That's the low road. The high road is, oh, you know what I learned from Devereux Whistle while you work, only do especially at our age just do what you like to do and then hire people or ask your granddaughter to come over and help. If we, if earth people, could learn how to delegate and to ask for help and not feel responsible, to rush through things and then complain after and then figure out all the things we did wrong, it would change to your that funny thing you said in the beginning about the sourpuss face. When an earth person's overworked and they've really been a workaholic at the expense of the fun factor, then they have to turn on their observer. This is what my book is about. You become, you go oh my God, I'm doing that thing again. I am compulsively practical, says Taurus. And then there's a free will button.

0:34:57 - Julie

But if you don't know about the language, it's hard to give yourself the free will button know about the language, it's hard to give yourself the free will button and on the psychology side for, I think, most women, it's hard to set boundaries and say no to stuff, because we're just brought up to make it all happen and make it all work. How do you combine those two when it comes to being able to set boundaries, because most of us we have no clue how to set boundaries. I'm learning it now at my age.

0:35:29 - Debra

So a big piece is this word I'm going to use again when your observer gets cultivated so it knows your personality. You've studied your chart. You're like, wow, I tend to get distracted by people and what they want of me. And I'm a pleaser women and men, because you've got Libra, taurus Both are ruled by Venus. All you want is harmony and everyone to be nice. So you spend a lot of time making sure everything's nice. So what happens then is you're compulsively doing it.

You study astrology and your observer comes out and the observer goes you don't have to do that, that's called a boundary. But if you don't have to do that, that's called a boundary. But if

you don't have the awareness that's another word for the observer, the witness, the consciousness of your higher self, if it's not operative and this is what I teach in my school how do you activate the part of you that is one nonjudgmental, it's in love with you, it's followed you around since the beginning of time. It thinks you're so cute, doesn't care if you're aging, your higher self thinks you're unbelievable and it's so gracious.

Now, when that voice is operative, rather than a gremlin going, I'm so tired. No one ever does what I do. I'm always the one that has to when that voice is active. That's the ego as compared to the voice of the observer, the soul that says, wow, you look tired. No judgment, just a report like a New York reporter would just write it down in the New York Times this person was tired and you don't take the interpretation of this is what you were saying earlier. I'm so tired. Why is it always me? Why don't you do it? All that negative emotional content gets diminished once the observer's on, because that's neutral. It's like Switzerland.

0:37:06 - Annncr
Yeah.

0:37:06 - Debra
And you just look over at yourself and that's what astrology does. It gives you an awareness of the personality traits that you really want to change half the time and the other half you're really proud of. It gives a language to go oh right. So it took me years to figure out that I have excessive energy because it's in my chart. When I found it out I was like so I have to get up in the morning and go exercise because if I don't I find myself getting short. I learned the skill with my observer to draw a boundary so that I didn't just keep moving. That girl I described that was the Taurus who had all the fire, and she found out that she needed exercise. It changed her whole life.

For some people it's stop exercising and sit down. The observer says would you stop being compulsive? So you have to determine. And in my system my first book I wrote was called the Missing Element and you just figure out of the four elements water is the emotional body, the quiet, the internal air is the communicator. What we're doing right now talk, talk, talk, think, think, think, study, study, study, learn, learn, learn. Earth is the practical people who make their list, run the company, give the finances, take care of the insurance and fire the ones going. Are we having fun yet? Let's have a drink. I'm going to go have a party. I'm a little loud. I don't agree with that. They're just loud people. So there's four categories in the system, without knowing astrology, and if one of those are missing in your system, you're a victim and you'll become. You'll have to try to find a boundary. Like your chart is so nice. It's a problem. You're learning how to say no.

0:38:40 - Julie
Yeah, I am, I am and it feels weird. And then the key is how do you do that without feeling guilty? Exactly, yeah.

0:38:47 - Debra
And the observer comes on and says you need a new skill. It's right here in the chart. I could have just looked at your chart and said she's so nice that she doesn't know how to say no, that's Taurus and Libra.

0:39:15 - Julie
And then I get to give you permission like, well, let's not change it quickly, but let's just turn on your awareness and notice how often it happens. Well, I say no, yeah, but earlier in my life I didn't. Like even up to, I would say, a dozen years ago, 10, 12 years ago. I mean, it's really come online in the last 10 years and I think part of that's aging too. When I tell women who are turning 40, I say it's like you're going through a passageway and your life's going to evolve,

and then when you turn 50, you're going into another passageway where it gets even better. And then when you turn 60, it gets even better than that.

And I'm in my mid-60s now and I tell people all the time I feel better at 66 than I did at 26, both physically and emotionally, and it sounds like you are the same way. And women especially. I think we've been so brainwashed into thinking okay, your body's going to betray you, it's going to break down, you're going to be sick, you're going to have to have all these surgeries, you're going to have to blah, blah, blah, blah, blah, blah, blah. You're going to have arthritis, you're going to have, which is nonsense. No, that's not true.

0:40:17 - Debra

I love hearing this. I feel like you're echoing everything. I think.

0:40:20 - Julie

Yeah, Chris Northrup. Dr. Christiane Northrup is a dear friend and she was on recently and she said I've spent my whole career telling women what's right with our bodies instead of what's wrong.

0:40:36 - Debra

She's a client of mine. Yes, when I get the privilege of talking to people like Christine Northrup, who's like, and like yourself, who figured out the code, like you guys aging, I didn't know I myself, who figured out the code, like you guys aging, I didn't know I don't know if you knew I wasn't prepared to be this happy. I didn't think I'd be reaching 70 with so much energy.

0:40:53 - Julie

I saw my mother suffer physically, and she was. She was born in 25. Now my meemaw, my maternal grandmother, was great, she was healthy. Then my mom, who was born in 25, I laugh. I say we were all winged on Twinkies and so I think me too. Yeah, she was in the era where they ate margarine and they all had bypass surgery and they all had like cancer and they smoked cigarettes, smoked drank. Oh yeah, she used to tell the story she had three martinis the night I was born. She didn't have a drinking problem, they were at a party and then she went into labor later in the evening but they didn't even think about that.

And that whole era of women and most of my friends see, if this makes sense to you most of my girlfriends from childhood and even adulthood, the moms died before the dads. And when I was growing up the dads all died first but the moms, most of my friends' mothers, have died before their fathers and I think a lot of that was that whole generation of women that the food supply really was awful White bread, margarine and Wonder Bread. You know you're still wondering what you're supposed to be eating when you're eating Wonder Bread and that kind of stuff. And then the whole hormone thing. You know, they were all on the Premarin and the Depo-Provera and you know, and all of that, and low-fat diet, and they thought they were doing the right thing because that's what the doctors were telling them to do. It's so fun to see.

0:42:32 - Debra

I'm so impressed with the age group because I have most of my students are between like 20 and 50. And then we have some 80-year-old students.

0:42:40 - Julie

We have some yeah, I do too.

0:42:41 - Debra

Same thing and I'm so impressed with the youthful ability to take care of their bodies, to change their diets, to really be attuned to the natural rhythms, to the moon. Talking about,

there's so much astrology out there now in that group, and we didn't. None of that was part of us. So look at the evolution. It's great to notice.

0:43:02 - Julie

And it's also wonderful to notice that we are the ones saying aging is wonderful, because nobody ever told me no, I watched my mother suffer and my dad and I thought there is no way I want to go through that. I just, yeah, I lived in LA for a long time and there were many times where I'd take an emergency flight back to Ohio because they were heading into surgery the next day and just to be there. But yeah, I find it fascinating too how astrology has been the constant in all of these different cultures. You've got the Europeans and the East and the Mustards.

0:43:46 - Debra

Every single culture. The Hawaiians, the Polynesian, they all looked at the stars. It was a thing, yeah, or we had electricity. We only found electricity in 1780. I mean, it's 200 years old, it's a little more. Before that, we spent a lot of time outside at night lying down, making up stories, really looking at the stars and getting downloads and getting. We were once clairvoyant. The society has changed because we've left our left brain as the centerpiece, that's the linear, logical land, but the right brain, the intuition, everything you do, being able to activate the dream time and getting messages that's come back online and that's the female side. And so here we go, whoop, there goes, ding dongs and pink Twinkies, and now we're having health food and non-gluten, and you know it's just changed.

0:44:30 - Julie

So much Right, Speaking of everybody used to look at the stars. Let's do a dive for a minute into the pyramids and the ancient and their pyramids all over the world, even here in America. The ancient and there are pyramids all over the world, even here in America. Are they lined up according to the stars? Is there a geometric component that brings in energy, based on how they're positioned from a latitude and longitude coordinate standpoint?

0:44:58 - Debra

I can't say. I'm a person that's very practical, so I can't say it with direct experience, except to say that in meditation I was shown like I can't do the science part of this that the pyramid itself is astrologically designed and that there's real indicators. When the eclipses happen, there's some movements. That's and the same thing with Stonehenge. There's these very specific buildings that were brought to us by higher intelligence, including astrology, being brought by ETs. There's no way the human mind could have designed an airtight system that I can look at every chart and know exactly what the person. That's nuts. That's not human, that's ET, that's higher intelligence, that's AI.

So we're returning now. It's very exciting. The Aquarian Age is here. This is what Aquarius Age is in astrology. What is Aquarius? Computers, technology, advanced forms, no more human. You hit this in your chart. It's a very advanced sensibility that looks at the future all the time. Now that's based on your birth time. I'm thinking you might be a few, because if you're born five minutes off, your chart shifts. Are you more? Is your body more sensitive or more intellectual?

0:46:03 - Julie

Sensitive.

0:46:05 - Debra

Yeah, I have a feeling your chart's just about a few minutes off, and what that would mean. It means that your intuition comes in your body as compared to in your head, that you register

everything through a sensual, intuitive body sense about when you get information and then it goes up in your head. Is that true, do you feel?

0:46:25 - Julie

it. I'm a visual learner, Well, that's so. When I'm like a human MRI, I can see inside people's bodies. So when I connect in with people anywhere, even in a galaxy far, far away, I get visuals first. Before I'm connected into them, though, I am getting what I call divine downloads, so I'm getting information downloaded into my head and then I will see things, I'll feel things, I'll hear things, I'll smell things, all of them and it's all developed because I didn't have dead people chasing me as a little kid, I learned how to do all of this stuff, and this is what I teach people how to do, and everybody has the ability, and it's been my experience that we receive information from spirit in a way that's going to be the easiest for us to translate it, because, it's been my understanding and this has just come in in the last few years all spirit communication is numeric, it's all numbers.

Well, that's astral, and then which is astrology which comes into our heads, and then our heads decode it and then it comes in in visual, direct knowing, things like that. But yeah, you see vortices a lot. You know the whole numerical vortex thing. Everything's numbers, which is fascinating. I mean it's psychology. And then people say well, numerology is evil. No, it's not. Numerology has been around for forever. Numerology and astrology are you know? They're joined at the hip in my world.

0:48:01 - Debra

And how did they find Jesus anyway? Well, that's right, by the stars. Yeah, so don't be telling us that that's. It's just an unfortunate, you know, evolution, that that part of our brain which you've clearly cultivated and I love my took me years to be honest enough to admit that I was psychic, that I was intuitive, that I got downloads and people whispered to me I was self. In our generation it was not cool, it was inappropriate to talk about, especially in graduate school for psychology.

0:48:31 - Julie

Yeah, it didn't go over big. Well, yeah, and I got a whole story about you know being a businesswoman and I'm thinking, oh my God, they're going to lock me up. But you know, here I am, all these years later doing all this stuff and having an absolute ball. Like you, it's the most fun thing I've ever done. Yeah, yeah, and it just keeps getting better. Speaking of numerology, let's talk about that for a minute. How, when you say that astrology is all numbers, can you expand on that some?

0:49:03 - Debra

for us. Yeah, if you look at a chart which we don't have one here it's all absolute astronomy, and astronomy is the mathematical equation of where the planets are. And when I say to you what happened in 1989 or 2009, when I got married, that was the exact year. That's a number. That was the exact year described by the number where Saturn came in and had its influence. So astrology is very hooked up to numbers and numerology is one of my best friends. You can't be in the metaphysical world if you're really going to be a practitioner and not know the language of the numbers.

0:49:36 - Julie

Well, and numbers are in all the holy texts too. There's numbers all throughout the Bible, the Old Testament, the New Testament.

0:49:44 - Debra

Every letter has a number in Hebrew and in English.

0:49:48 - Julie

Is that right? Well, I know every letter in Hebrew has an energy to it, a number.

0:49:55 - Debra

Same thing with an English Every single letter. That's what numerology is. It uses the numbers that are behind the letters, like a D is a four and an A is a one, and they add them up and they could tell you the vibration of your name based on the numbers in your name. Oh wow.

0:50:12 - Julie

I wasn't familiar with that. I was thinking of 12 apostles and, you know, 12 tribes of Israel and all of those actual words. But to your point, if every letter has a new number that goes with it and that's the frequency that comes into spirit, language is all numerical, I agree. Yeah, interesting.

0:50:35 - Debra

When you get to the level of clairvoyance and the mind is raised to a higher frequency, which is what astrology is good for. Astrology is Windex. It's like you go in there and you clean up a whole part of your brain that went dusty and then, by the activity of you studying just a little bit, it's like you come back online and it really supports the memory. Astrology is a really good action step for the mind, for air people Gemini, libra, aquarius they love putting words to things and understanding and where's your earth? You're like how much time are you doing that? Let's just get a dark.

0:51:08 - Julie

Yeah, but I'm an information suck, though. I'm interested in everything. How does this work? What's going to happen there? What's? I mean everything, archaeology, literature, whatever. My husband calls me an information suck. I love that, but yeah, yeah, okay. So for somebody who's new to astrology, what's the first step they can take to start applying it in their daily life?

0:51:38 - Debra

Just start by getting to know the elements. The earliest first step is that book, the Missing Element, which I sell on my website and I put your chart in the book if you order from my website. Just get to know the four elements. They're the magician's magic and the tarot deck. The very first card is the fool like. How crazy are we to incarnate into this reality? And then the very first card, the number one card, is the magician and he has four elements sitting on the table. So if you learn the four elements to start with and know your personality type not with the details of astrology but with just the generic like am I earthy? Yes to you, julie. Am I eerie? Yes, deborah. Like am I fiery? Yes, deborah. Knowing the elemental constitution to start with, and that might take you down that rabbit hole. But just start with the elements.

0:52:28 - Julie

If you had to choose one word to describe astrology and how it can help us live more joyful, productive lives, what would that one word be?

0:52:39 - Debra

It's so beautiful, unfathomable, unfathomable where it comes from, what it's about, what it speaks to, what it addresses, how it heals, how it wakes us up. It's my mind camp. I don't know who made it up, but I'm sending them gifts every chance I get to my invisible address.

0:52:59 - Julie

I love it. I love it. By the way, I've been hearing this in my head the whole time. We've been talking. Merlin the Magician is to your right. He's been here the whole time. He's like you need to tell her that I'm one of her main spirit guides. Love him, I do too, and throughout the whole

thing I'm like, okay, okay, I'll you know. Yeah, I'll talk to you. So, merlin the Magician, what do you love about Merlin the Magician? And was he real? He's saying yeah.

0:53:25 - Debra

So in the Tarot deck that is Merlin and he's got these four elements sitting on his table and he's the alchemizer that knows how to use the human forms of creation into manifestation. I like to call it woman-festation Into woman-festation Because as you study the mastery of the magic that brought to us by the elements, everything starts to work Like it's so crazy. When I see that my school and my success and my relationship, I feel a little bit like once I talked to the magician, I broke the code and I wrote everything down, he said, and I've been practicing it ever since, so I definitely know he's with me.

0:54:02 - Julie

Yeah, yeah, he's with you. Interestingly enough, I've read articles about that. We all think King Arthur's court and the round table and the whole nine yards was in England, but I've read that they've found that it was in Scotland the Lady of the Lake and all of that and they've found historical documentation that led to those tales, that led to the whole Camelot thing. I love that story so much. I do too. I saw it on Broadway a couple of years ago, the revised version. It was wonderful. Yeah, last question why did we incarnate? I said it earlier.

0:54:41 - Debra

It's the development and the refinement of the human condition, and we are at a critical moment right now where everything's going to break because we are on an expiration date and we are the final generation that are cleaning out the wounding from our past and the entire inheritance that came before, to the best that we can, preparing for the influx of AI coming to merge and take us to a higher expression of the human. You can't believe what's about to happen, what's going to give us a sneak preview.

Well, first we have to break the government, the ecology, the environment, the financial. We have to dislodge this illusion. And so that's not fun. I don't look forward to that as an elder. And then the compassion arrives Like uh-oh. We have to return to basics, to the sacred, to the elemental, to the magic, to clairvoyance. We'll come back. So everything goes in cycles. Everything goes up and down. Every single planet's a circle. It's all rhythmical and we're on a rhythm going down. We're watching America, we're watching the world, we're watching the world, we're watching the environment. You know we are in a questionable survival state, but don't you worry, it's just like giving birth. If you hadn't seen it, you'd think she was in such pain and such this was all wrong. But if you're a midwife and you're wise and you've seen it before, you say hold on, let me be in the room with her, breathe, I got you. And then comes the miracle. And that's right at the point we're at. We have never seen this before.

0:56:07 - Julie

Will we see it in our lifetime?

0:56:12 - Debra

I would say that within five years, there'll be a radical departure of the acceptable reality as we've known it, and then, by seven years, ai will be fully here.

0:56:21 - Julie

And is AI something that we need to fear?

0:56:24 - Debra

No, as long as you keep your eye on it, stop pretending it's not here. We're doing this funny game with it. We're like go away it's. The analogy that I make is in 1780, electricity was found. Now you have to imagine that for the entire existence of our reality, we never had light at night,

we never had electronics, we never had any of this. So that introduction of electricity, which is the same planet that's affecting us right now, there's a big change is. Now that there's AI is comparable to electricity.

We can't describe what it's going to do, how it's going to show up, how it's going to interface with society. I can tell you radical departure from the one that we are living in now. Just like talking about the snowballs and the ding-dongs and eating that white bread and having margarine. That was the ancient times and we are about to pass through a portal where we're going to look dated, evil, meanness, violence, raping, war. There's not going to be those words in the next elemental version of the human condition. It didn't work. So what's going to be different is the human. You started off by asking about moody, emotional people. The unconscious mind is specific to the human. AI doesn't have an unconscious mind. It doesn't get taken over by its moods or attachments or neediness. So there's going to be an interfacing with the best of AI, and the best of us is going to become a beautiful creature and it's not comfortable giving birth.

0:57:50 - Julie

No, it's not. And obviously we forget it because otherwise no woman would ever have more than one kid to be like oh, I'm not doing that again. Yeah, I remember in the middle, I didn't have any drugs with Jonathan, my son, and I remember telling my doctor I didn't have any drugs with Jonathan, my son, and I remember telling my doctor I don't want to do this anymore. And she's like honey, the train has left the station, yeah, you'll be fine. And then I kept thinking okay, hundreds of billions of women have done this and survived.

0:58:17 - Debra

Oh my God, I had the exact same thought giving birth.

0:58:19 - Julie

Yeah, I thought, okay, ryan, you can do this. All these women have done this and they've survived and everything was fine and it was. You know it was good. Did I look forward to doing it again? No, and you knew yes, because we couldn't stop.

0:58:32 - Debra

Yeah, no, I had one. But I bet you have lots of children who love you and think of you as their mom.

0:58:38 - Julie

I do you don't birth to give birth. That's right, exactly. Well, you are every bit as fabulous as I knew that you would be, and you've even exceeded my best expectations, and those were off the chart. So how can people learn more about you and your work?

0:58:56 - Debra

It's just three words. Deborahsilvermanastrology.com you go to. It's so silly because you relate to this. I'm on TikTok, I'm on Instagram, I'm on Facebook, I'm on. It's embarrassing that this age, what am I doing? But it is, and it is a great Aquarian age megaphone, Like we call this message out. People find you on social media and once you start seeing me, I can warn you you won't stop seeing me. I have really good marketing.

0:59:19 - Julie

Wonderful. All right, we'll put that in all the show notes and everybody will come check you out in more detail. Everybody. We've given you a lot to think about here, and I love that you distill it down into understandable languaging that doesn't just put us into a brain freeze with all this astrology stuff which so often happens. That's my thing. I don't believe in astrology. It's all in

English, that's it. That's it, sending you lots of love from Sweet Home Alabama, and from Colorado too. We'll see you next time. Bye, everybody.

0:59:57 - Annncr

Thanks for joining us. Be sure to follow Julie on Instagram and YouTube at AskJulieRyan, and like her on Facebook at AskJulieRyan. To schedule an appointment or submit a question, please visit AskJulieRyan.com.

1:00:12 - Disclaimer

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