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Dealing with feeling awkward - Debra Silverman

Guest: Debra Silverman

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LILOU: Hello Debra!

DEBRA: Hello!

LILOU: Thank you for being available for the skype interview. It's such an honor to meet you on Skype.

DEBRA: Thank you for inviting me.

LILOU: So, there's so much to talk about. I'm very, very excited about this conversation because I've read that you have over 35 years of practice in psychotherapy and astrology and you blended that together. I've read, of course, all the great reviews that even Sting, himself, and Madonna have written about you. Sting – you're this kind of, from my understanding, this bridge, this person that really pumps up the fun in people's lives so that we don't feel as awkward. I think all of us right now on the planet are awakening to a new life, to a new view of life, to a new paradigm and a lot of us feel awkward so I would love to listen and to know from you what advice that you gave Sting so that he feels the way he feels now. How can we apply this in our own life? Because we all have this awkwardness.

DEBRA: It's such a great question. Part of it is as humans, we come into this planet feeling very awkward. As soon as the separation is made between the heavens and earth, as soon as we disengage from the one and we enter into the many, we become this isolated unit where we can't really figure out 'do you like me?' and 'am I doing it right?', 'how does this planet go?' and 'how do you do relationships?' and 'how do you get along with people?'. So we have this very awkward human dynamic that is never addressed. So, my gift is tickling people. I just make fun of humans. I think humans are – I honestly love them but I find them totally completely confusing. We love the person then we don't love them anymore. We hurt the person we love the most. We look in the mirror and we say all kinds of mean things to ourselves as we're printing ourselves trying to look pretty, we feel ourselves inadequate, we feel ourselves superior. There's this constant inner dialogue. So my gift is making fun of the inner dialogue, identifying uniquely what is your pattern, like an astrologer, I can confidently say with a chart in front of me, I can pierce through the veneer, like the fate, the pretense and say let me see you and let



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me – it sounds awful but – let me make fun of you in a way that I can share your hurt so that you're not taking yourselves so seriously. We're in a movie and the movie is not an easy one and there's no instructions and there's no script and there's this mystery. An astrologer's comforting and say, 'Listen, you're not in the stake.' Honestly, that God was not making the stake she did you, there's a complete reason for this church, you may have some quirky parents, I guarantee you that idiosyncrasy in nature that's just totally weird and my gift that would be putting words to it and at the end you go, 'Aah. Now, I get it.' And that's what Sting and his beautiful, he wrote a beautiful testimonial and said that he felt so isolated inside his own personality and now when I described it and made fun, we tickled each other, suddenly he was like 'you're so right! I do this all the time. I can't stop being me. Why don't I just fall in love?' My gift is helping people from love what's in there.

LILOU: So, what are some of the recommendations that you have for all of us in our daily life that we can apply right now to start falling in love with ourselves just the way we are?

DEBRA: Great question. So, the first thing is to realize that you're in a movie, that right now the 2 of us are on camera, we're on skype, people are listening, that as soon as the observer kicks in, as soon as we're standing outside watching ourselves, it all becomes very cute and endearing. But when you're fully immersed in the experience, you're caught inside your own emotional body and the drama begins, then there's no hope for you. So, my first instruction is realize that right now as you're listening and take your camera and put it outside of yourself and look back at where you're sitting as you're listening, look back you and I watching ourselves and smile because you're on camera. Now, smile as if it's a joke. [??] It's just a movie and we get caught because it's so emotional and we have this ego. You probably don't have one.

LILOU: You know Leo's! I've seen your little astrology video humor. I love it. I cracked up when I listened to Leo and I challenge everybody watching this video to go and see their own sign because this was so good. Oh my goodness! Of course Leo's don't have an ego.

DEBRA: So, all you have to do is go to youtube and you write 'Debra Silverman astrology' and up will come all my videos and I've had almost 300,000 hits, I haven't even advertised. I'm just doing a new advertisement to get them all exposed because they are our way of making fun. It makes you laugh. Everybody laughs. I didn't mean to do that. That was me spontaneously, no director, in a studio in Los Angeles just doing my version of 'Aren't we funny' and it's true.

LILOU: And it's so beautiful to see you do it because you express at the same time what it is like to be a spiritual being, feeling free to just be yourselves, making fun of ourselves and I just love it. It's actually the best example to – then you show what you teach. So thank you, thank you for those.



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DEBRA: You're welcome. And to answer your brilliant question is what's the first step is that's why I love astrology is figure out what your habitual patterns are without judging them. If you have a personality type that you can't talk very much and you're water, then don't get mad at yourself when you're at the party and you're awkward and you need to have a drink because you feel so strange. Or if you're the personality type that has air and you talk immediately, you walk in a party and you're socializing and you can't remember who you're talking to and you change and you can't keep your eyes [??], that's air. You're one of those fun people and you entertain us. Or if you're earth and you're really solid and stable and you wanna get into the kitchen and clean and do the dishes and bring the food and organize the party – that's earth. That's the personality type that you have. Or if you're fire and you're the one that's cranked the music up and [??] wants to make a lot of noise, that's fire. So, if people could simply identify what is my personality type, what's the part of me? On my website, debrasilverman.com, [??] you take the survey and you figure out what are those 4 elements that go away? Because as soon as you figure yours out, then the comfort begins. Like, 'Oh, oh, here I am again. Obviously, I'm air.'

LILOU: So, tell us, Debra, what kind of astrology do you practice and is it astrology considered as a science? Because there's a lot of scientists and intellectual people that say 'We know this is not a science. This is part of the woo-woo land of some people.' Tell us more about astrology. And I apologize for the people watching, there's a little bit of a change of a scene because we've got some connection problems. But if you're watching and you want to interview Debra in person and this will happen very soon. We'll get right back in the interview and sorry for this little change again.

DEBRA: To answer your question, is astrology as a pure science is called astronomy and what is true is when I look at someone's chart and this has been going since Egypt, I don't know how and I always wonder how did they download this information and they knew how to look at the sky and they knew, they didn't include the outer planets and even back in Egypt, they had this relationship with the cosmos. Astrology as a pure science is astronomy and it's factual. Where were the planets the moment of your birth? The interpretation is woo-woo. I can't pretend it's not and it has a quality of mysticism to it and a really good astrologer suspends their left brains. It's like we need that part of the brain and we go to the right brain and say, 'Listen. You don't have to believe in this. All I can tell you is if I do your chart and I finish and you go I understand myself now. Who cares where it came from?' So, it has its space of scientific backdrop of where were the planets that moment of birth. And yes, there's a history across all time, old England and Europe. Birth times are written in every birth certificate. Why? Because astrologers have been in existence since the beginning of time. We've always recognized the significance of the time of birth and what is astrology's based on. What was the picture of the heavens at the moment you caught your first breath, take a snapshot, and at a literal picture of astronomy, we then interpret what was your purpose here? Who are you? What is that quirky personality that you have but you can't get rid of? And how can I help you understand the cycles you're gonna go through because



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everything goes in waves. There's times in lives by the time you're 20-30, everybody's making a change. By the time you're 37-38, everyone's making a change.

LILOU: And this helps for us to learn a little bit more about it so we can interact in an easier way with other people especially in crisis. There's so much stress going on and we feel we're talking, each personality's talking a certain way but we feel we're not being heard and relationships are collapsing. It's definitely essential to you.

DEBRA: Actually right now, this is the first time in history ever across all time that there's this many people, we've just reached 7 million, we're over the edge, you can't go anywhere to get rid of them, right? The 2-leggeds are everywhere, these humans. So now, how are we gonna get along and the stress is how we're gonna survive. That is in the psyche, guys, in the mind of so many people this feeling of something's wrong and I'm here to tell you, 'No. This is what all the prophets predicted.' We would reach this culmination point where we'd be stressed, we'd be scared and then the question is how do you as the personality type function? How do you fulfill your promise here? Everyone's feeling the pressure of what should I do? How do I help? What can I do to contribute? How do I get comfortable in my skin? And that's what I answer. Questions of how do you get become the observer of your own funny character and the cycle right now in the heavens literally is we spend the summer of 2012 leading up to the solstice of 2012, there is a configuration in the heavens that hasn't happened since 1776, where revolution occurred from Europe to America. That was the time when Saturn was squaring Pluto and Pluto was squaring Uranus and we're right at that juncture for the first time again where revolution is trying to happen and we can feel it. The financial, the economics of Europe, the economics of America, everything is scary. But the good news is the brink of giving up the old form just like in 1770. Imagine, the revolution where everyone left England and Europe and the whole of French and the German came across to North America, fed up with the old system and they stare at this brand new belief that said anything goes. We have no land to cover anymore. We have no outward revolution. We've gotta now go inside and figure out how I change my old system.

LILOU: It feels like it's an internal revolution that is happening as well. 2012 is happening inside.

DEBRA: It's an internal revolution and it's very uncomfortable and you have a very, I mean you personally, obviously, have a very significant role, but everyone does. And they all want to know what am I supposed to be doing? How do I help my mom, Mother Earth? How do I help my kid who's struggling? How do I stay in this relationship that's pissing me off? What about this job I have that I'm so frustrated with? And my job as an astrologer is to say 'Let me help you find some peace and remember what you signed up for.' This is not a mistake. We're not at a bad time. Nothing's wrong. [??] uncomfortable.



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LILOU: Yeah. And you speak more and more of the wisdom keepers. I know you've just finished your book and this is you bringing the 4 elements in the picture. This to you is essential that we now bring back this ancient knowledge. Tell us what does this ancient knowledge is about to you.

DEBRA: That was very good. Your moon is Scorpio showing up now. Here's how it goes. Many kinds of prophecy during the Mayan time, during the time of the pyramids, during the time of Nostradamus, during the time of the astrologers, we all knew that when it comes to this critical moment in time where the collective would reach a huge amount of energy. Think about the numbers of people, the pollution, the subways, driving in your car, watching television, youtube, everyone pushing but we're all fixated in this one area and this is the opportunity that the prophets described and said, 'We'll have a chance to turn the corner and rewrite the old movie that everyone's going.' Last time in Atlantis or last time in World War 2, or last time, you know everytime the culmination of society reaches its peak, we fall. So, we're at the point as a collective are scared and I'm convinced by the wisdom keepers that no, no, no, this is exactly what was predicted. In fact, if you can find calm and take a deep breath and do all the spiritual work that you're promoting which is reveal, getting your mind in order – air, getting your emotional body quiet – water, taking care of your body, eating well – earth, and knowing how to have fun and have sex and party and turn the music up, free because you're supposed to be doing that. This is how we're going to re-establish the human natures, old story was so, there is so much drama, so bored with the old story. What would it be like if we didn't have to pay out marriages to be [??], or what would it be like if children were actually listen to, what would it be like if money wasn't the god and we knew how to exchange energy with each other and we actually honored but we're not quite there yet. We're at this corner, it's so awkward, because we don't believe in the future anymore. There's despondency, there's depression, there's fear built. That's the secret that lurks underneath and the wisdom keepers knew that. We were gonna be scared.

LILOU: But the thing that's quite disturbing with all the interviews that I'm doing or what we're hearing and all of that is there is the date change. So, at the beginning, it was 21s of December 2012, then it became the 28th of October 2012, 2011 and now some people are speaking now of the Aztec that are pushing it up to 2021. So, soon, when is that change gonna happen? What is this, when is this washing machine gonna stop?

DEBRA: This is so human nature. Make it go away, give me a date, tell me when it's done. People call me all the time and go, 'What's gonna happen today?' I go, 'You're gonna get up and brush your teeth, you go to work and then you're gonna poop and then you're gonna go to sleep.' How's that for prophecy? So, the point is there's human nature, we don't have a date when the whole thing changes. We are the change and if you think about your parents and what they thought about and you think about what we did about our lives 10 years ago, we didn't sit on skype and make eye contact, we didn't even know how to go underneath the earth, underneath the water, [??] energy across, we didn't know how to go on



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youtube and make a new best friend by [??], this is all grand spanking new. But we keep saying, 'What's the date?' this is so human nature. Give me comfort, one day, I'm gonna wake up and the whole thing will be different. Sorry, it's right now. You can make the decision. I honestly do this to people all the time. They finish their sessions and they go 'I feel different. I can look at my husband now and say I remember, my fate is mine.' I have this favorite song that I sing on my favorite radio show, I don't wanna be the singer but this is how it goes, 'Falling in love with my fate, falling in love with my fate. Falling, falling, falling, falling, falling in love with my fate.' There's nothing we can do to change instantaneous love life. But you can look around, your kids, your family, your mother, your best friend, your lack of all that and say, 'What did [??] had me today? And how do I find the joy and the memory of what it was gathered, life was thinking when they gave me this chart?' And then that's the question that I love to answer. There's not a date in time where the whole thing will change on the 21st of December. We wake up that morning and poof! Really? If the mind can't tolerate how bored we are, let's tell the truth. Humans are [?]. They don't know how to do relationship, they don't know how to do what's good for their bodies, and most of all they don't know how to have fun. Unless, they're intoxicated, addiction, let's talk about addiction. The real issue of this planet is we don't know how to cope with the very first thing you said when we were disengaged from the one. We landed in a body and we looked over at mom and dad and went, 'Oh my, that's who I'm with?' [??] when we had to pretend we knew what we were doing and we didn't and then they put us into a job and say make money and have fun and we're not. Then the question becomes how I find relief and how do I rewrite the movie [??] wisdom keepers, we're very simple. Water's wet, fire's hot, earth is heavy, and air goes on everywhere. So, learn back the basics. Turn into simplicity and find the joy. That's my gift. But it requires a [??], you obviously have the questions you're asking [??], what is the reason we're here? Why did people come to this planet, humans come to earth? [??] isn't that great question? What are we doing here? I'm asking you.

LILOU: That's a good question. I really do feel and I love your message that you're saying that love is service, that we, it's time to love service and give ourselves unconditionally and it feels like this is really what's going on and the same thing I was reading honor of the individual, integrity, continual pursuit of the wisdom and that's what feels right now to many of us. And yet there is this kind of too earth splitting, it's 2 different currents – love or fear, choose.

DEBRA: Most people don't like people. They have judgment about human nature and I'm here to tell you that you, every single one of you in [??] has a divine nature that's very, very simple and has a very, very specific purpose and if you take the old [??] with our human ego and move over towards your soul and really do what the Dalai Lama talks about, kindness, really what the wisdom keepers asked us, to just stay fun, to find our heart open and to know how to cry, to be able to deal with death. If we just knew that, can you imagine what this planet would be like if we actually had wisdom be [??] children and they learn to look at each other in the eyes and say, 'I know you. I remember.' But instead we're



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like, 'I'm normal, are you normal? How do I look? Where's my keys, I wanna look cool today. Let my get my boobs a little bigger, my lips a little thicker.' What's up with all that?

LILOU: Yeah.

DEBRA: I just came back from LA and this is what the society, we think we're spiritual but when we look in the mirror, that all goes away.

LILOU: Yeah, yeah, yeah. And at the same time I feel like there's a lot of clean up that needs to be done in this industry as well and there is a lot of things that have been taught and have been manipulative and it's also time to get real and to listen to our feelings and to our emotions and to our own guidance so that we're not attached anymore to others or we have this knowledge inside and I'm sure all the prophecies point at that.

DEBRA: There's this [??] in history where we knew the Mayans said that to get an oracle circle and they predicted and they prophesized. Then this huge wave of [??] would come across history of this planet. [??] moment in time [??] is it December 21st, is it October 30th, we don't know. There will come a moment in time where the mind [??] option of suddenly remembering as we all studied spirituality and we all loved this stuff because we're so hungry like really? Is it really going to turn a corner? Is this the first time in history that instead of destroying ourselves at the wake of a change, we're actually gonna learn how to partner with each other, we're gonna get real, we're gonna strip ourselves of the old pretense, really? Could we? And I'm here to say definitely. And working with Sting and Madonna and working with people that I've worked with, all the big leaders, what they love the most is when I close the door and they consider [??] and I could hear their secrets and they say, 'Can I tell you something?' and I sit and listen. That's your human, it's endearing but it is smelly, it does have a scent to it, it does not have a happy story what you just told me and we can massage this, we can love it through this and now you can enter the real gift of can you become one of the blesses, can you become one you truly love, can you become one with wisdom, can you find patience? Wouldn't that be cool.

LILOU: I feel it's at our fingertips and we're getting it.

DEBRA: You know why? Because there's so many children [??], there are these new beings that are coming in and they remember the feeling of being focused on what's real. You know what real stands for? Raw emotional authentic love. When you meet someone who's real and you go, 'Oh, they're so real and they take all their little funny costumes off.' And I can [??] and they're so honest. That's real. And then we snuggle up and we wanna touch and be cuddled because genuinely we're all very young at heart and we're longing to be told that we're here for a reason and we're absolutely lovable even with the funny, funny quirks we have. Raise your hand if you have a quirk. Oh, look, everybody's raising their hand. We're all weird. It was the funniest design, what were they thinking when they made us?



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LILOU: Brilliant. I love it. Oh my goodness! I am really looking forward to meet you in person because I want to apologize for the kind of awkward connection that we have here but I so feel your humor, your generosity, your laughter, your being you and so refreshing to have that and I really look forward meeting you in person whether it's in Hawaii or in London or whenever we can make this happen. I look forward to this in person conversation.

DEBRA: Because I can feel it in you. We have the same qualities and longing for genuine connection and a really good astrologer, when you finish the session you go, 'Someone saw me. Someone opened up my heart.' And you feel such relief. It's like being with your best friend, being with your best lover, like you're finished making love and you're like – that's what everyone is longing for. Just tell me that you love me.

LILOU: Brilliant! Well, thank you Debra.

DEBRA: Leo and so I'm telling everyone listening, you are loved by an angel, someone's watching you. there's some entities that are hard [??] know where you're going, please know that you're here for a reason, that whatever your story line is, it's exactly what you're meant to be learning about, exactly.

LILOU: There are no mistakes.

DEBRA: Exactly. It's such a strange thing to say because [??], it is the weirdest place, we have lived the glitches, we have lived the funny noises and at the deepest soul level, it is absolutely as it should be. That's my message. Not the [??], I don't like that sentence, everything's perfect, it just makes me angry, but that's human and my ego does not say that everything's perfect but at the soul level, we are definitely on schedule and you exactly what you should be doing. Look at you. how cool is it? You're Leo and you have a purpose and in your chart, you have Saturn on the sun, I don't know if you knew that. It happens once a year. So Saturn is the planet of purpose and when I look at a chart, always when I look at is what's the purpose of this person's presence on this planet? And yours, it's teaching, providing wisdom and doing it with serious, like seriously having fun.

LILOU: Yeah! I mean it's deep seriousness and fun. I love it! It's significant because the French are significant about their stuff coupled with Leo. Wah!

DEBRA: And Saturn, so I'm giving you the, first this is the first astrology lesson. Saturn is the most important planet, he's old, he's grumpy, he's not very fun, but when he gets in your face and he says to you, 'Here's your purpose.' And you do it, he starts to laugh his head because he realizes you got the joke. Whatever your purpose is, this planet has to be sprinkled with a lot of joy or else you're getting miserable.



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LILOU: Thank you Debra. Thank you very much for this moment and again I look forward to having you in person and having the clearest sound and eye to eye connection, soul to soul, heart to heart. Thank you.

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