



A Cosmic Kick In The Butt

*Do you often miss the energy
The energy to get up and go
As if covered by a blanket
Of irremovable snow*

*Not able to get up
Unless there is a must
If not, hide under that blanket
The only place you can trust*

~ Debby, October 1997

The Universe has had a way of shaking me up several times. And not gently either. At the current semi-ripe age of 51 and knowing what I know now about Quantum Human Design, it is all making sense, Saturn Return in my late twenties....

Kiron Return more recently and it has been a sigh of relief for me to know that it is nothing more than cosmic interference.

***SOURCE. HIGHER SELF. SPIRIT.
THE UNIVERSE. GOD.***

Whatever you want to call it, swooping in and "making" me do a 180 to face a more aligned direction. When I think back to the young woman I was when Saturn started returning for the first time, I don't even recognize her. I was so out of alignment with my purpose, my heart, and my soul. I was debilitated and paralyzed with anxiety, agoraphobia, severe depression, extremely low self-worth, just to name a few.

My safest place was hiding under the duvet numbed by a bottomless cocktail of Seroxat and Valium prescribed by a doctor who couldn't care less.

I was 28 and it was all triggered by a death in the family. My cousin had taken his life and I had so much fear, hatred, and anguish building up inside, more than I knew what to do with. I hated him for the pain he caused his parents and his family. I hated myself for not being able to do anything to soothe anyone's pain and it only compounded my own fear of losing my loved ones. My Tribal Circuitry was at its wits end.

I also hated him for shutting that door for me. The suffering I saw it cause others made it so that suicide was no longer an out for me, even

if I did make some feeble attempts, which we shall call cries for help and incredibly enough, a side-effect of the anti-depressants I was on.

It took almost 2 years to climb out of that dark hole. Along the way I alienated those who couldn't handle it, including my boyfriend at the time. I don't blame them; I was not easy to deal with. I tried hard to push away friends that turned out to not be so push-away-able.

I wanted nothing more than to be left alone, which left me feeling very lonely. And then resentful. It is the craziest thing when you are all up in your head with nowhere to go.

***I don't need help from anybody
Though I need help from somebody
But somebody could be anybody
Therefore I need nobody
Because nobody can help me***

~ Debby, January 1998

Alongside my bed, I had a notebook and during this period my outlet would be writing. I still have that notebook. Those are the poems you are reading here. They feel somewhat childish to me now and it brings about hesitation to share, but growth lies in doing things that scare you, so here you go.

I barely have any memory of writing them, they were spur of the moment, usually in the middle of the night, musings.



Except for one, that one I wrote riding in the backseat of my parents' car through the Costa Rican countryside; the first moment I started feeling there may be light at the end of the tunnel.

When I read that particular piece now, it blows my mind because it is inundated with Human Design, which I hadn't heard of then. I will share it with you at the end of this article. It took me years after coming back to the surface after that period to find myself and it took a lot of searching by myself. The trigger was merely that, a trigger, the straw that broke the camel's back. But there was a lot of healing that had to be done from my younger years on a much deeper level.

It wasn't until I took a good hard look at where I was in my life, I understood that in order to be happy I needed to make changes. And I did. I gave up everything I knew and moved to a different country. I had no idea what my future would look like, all I knew is that I

had a strong desire to travel the world & explore cultures (it makes sense with my Open G). So, I put my destiny in the hands of the universe. That is when I started aligning with my chart, my purpose, my heart, and my Soul. Of course, at the time I had no idea I even had something as empowering as my own energetic blueprint to live by. But it was when I got out of my head and re-connected with my higher self that magic started to happen. And magic happens in the unknown, there is no doubt about it.

It took me a long time and lots of self-reflection, study, embodiment, exploring, conquering other challenges, and pushing myself to do things that were scary and stepping into the unknown to be right here right now where I am. My journey still continues; however, I now continue it with a faith and trust that the universe has my back which is something that I lacked back then. And I understand that challenges in my life are here to help me reflect, learn, heal, and grow.

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(Continued)

These past two years it is Kiron shoving his boot up my behind, showing me that to up-level, I need to embrace Spirit (Gate 25) as part of how I am meant to guide and be guided. I needed the time, space, and silence to tap more into my truth and I did.

As I read back what I have written so far, part of me wonders if it is even worth sharing? Who cares? Who wants to read this? Then I realize again that I am meant to share this part of me, to show others they don't have to be stuck in their story. Not everyone has to go through a severe depression, thank goodness, but we probably all have found ourselves stuck somehow asking, "Is this IT?!"

When you find yourself in that spot you can do several things:

- A. Pretend everything is hunky-dory and plod along through life, even though you secretly know something of extreme importance is missing, but hey, let's ignore that...(PS this ultimately doesn't work.)
- B. Lose yourself completely and sink into a place that is extremely hard to get out of.
- C. Face it head-on. Take a good hard look at where you are, stop hitting the repeat button, take responsibility, and start healing.

Is it easy? Nope. Is it doable? If you desire it to be, absolutely. Does it require work? Yep. Do you have to do it alone? **NOOOO!**

One of the biggest things that I have struggled with in my younger years, and what I guide my clients through is the fear of being judged. And you know what? People will always judge you, no matter how perfectly you try to do things in life. Judgement is not about you, it is about the other person, so it will always exist. So as long as you are in integrity with yourself, take the plunge.

How do you know the Universe is giving you a shake-up? Here are a few questions to ponder:

- Do you feel you lost/lack purpose?
- Is stuff being thrown your way that just seems too overwhelming? (Pay attention!)
- Are you experiencing recurring life-lessons?
- What stage of your life are you in?

Cosmic Stages to pay attention to:

- Saturn Return - late 20's to early 30's
- Uranus Opposition - late 30's to early 40's
- Kiron Return - Late 40's to early 50's
- 2nd Saturn Return - late 50's to early 60's
- Uranus Return - mid 80's

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I am currently in my Kiron return and embracing the heck out of it! All things continuously keep falling into place. I am about to finish training in Akashic Healing, and I love it, it ties in so well with all the other things I do.

I am leaving you with my writings from the backseat of my parents' car in Costa Rica. It was obviously a download from Spirit and the Quantum Field, I know that now.

Thank you for reading, if you have any questions about the work I do, feel free to reach out.

*The moment of conceiving
Is that destiny's start?
Programming your life
Soul and Heart*

*Or the moment of birth
Your first glimpse of earth
Not knowing yet
What lies ahead*

*Maybe when you're a teen
And you have already seen
The joy, pain, beauty, and sorrow
Of the road you travel tomorrow*

*Or perhaps when you are old
And you have survived it all
You say, YES! This is ME
And this is how my life was meant to be*

~ Debby, Costa Rica, March 1998

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Debby is a down to earth WooWoo kind of person. She is a Level 4 certified Quantum Human Design Specialist & Coach, a Trauma Informed BodyMind Coach, RRT practitioner, and Myofascial Release specialist with a passion for books and a huge love for animals and travel. She lives in Aruba with her lovely husband and 4 pets. As your coach she will guide you in a one-on-one custom trajectory using QHD as the foundation to gain a better understanding of yourself, to do some very deep healing on a physiological & spiritual level using RRT and the Akasha, and she enjoys recording guided meditations for her clients. She is also a SoulCollage Facilitator and Reiki Master. Debby is there to support you along the way with the understanding that you know that you get out of your coaching what you put into it.

Accountability. Taking responsibility. Those are high on her list. With her 5/1 profile and double 18's she will firmly yet lovingly help you see things from a different perspective so you can shift into a higher expression of your design and live a more joyful life. Are you truly ready to shift in a big way and move through the fears that hold you back? Schedule a discovery call with her. She also does Level 4 Quantum Human Design readings and is the creator of the QHD TRILOGY, a three-part unfolding of your chart.

For more information or to reach out, please go to her website

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WITH DEBBY**

