

(We realize there are many typos in this transcript. We are using a new service called Otter, and it's pretty good. In this case, we felt it was better to have a transcript than no transcript at all, and time was limited. Thank you for understanding.)

Dyana 0:00

I think that the cosmic and the corporal are often segregated. Mm hmm. But I think what ties them together is the communal.

Thaís Sky 0:13

Hey, everyone. I'm telling you, Sky. Welcome to RECLAIM, a podcast for women, by women on conversations that matter.

Hello. Hello. Are you brilliant, beautiful beings of the world? How are you doing? I am Thaís Sky. Welcome to my podcast reclaim. I am so happy to have you here.

I have a couple of news to share before I bring on Dyana for the interview today. First, for those of you who support the Patreon Thank you so much. Actually, Dyana and I talked a little bit about Patreon. She supports my work through Patreon and I had shared earlier in the end I think it was mid January, I had shown that I wasn't sure if I was going to continue on with Patreon, because I was not really able to deliver on the promises that I made for those in my Patreon community. And so I asked them, like, Listen, I created this platform, because I want to thank you for everything you do for the podcast and your support for the podcast. And I made all these things because I want to give them as gifts to you. But they're feeling a little unsustainable. So I would love to know like, what would you like to receive from me? And the overwhelming response I got was taste. You're doing enough. We are here to support the podcast. We're not here for any additional gifts. We appreciate you and we just want to see the podcast be sustainable, and I so appreciate every single one of you who give even just \$1 a month for this podcast. It so helps. It helps so much in fact that I've been debating whether or not to bring somebody on to support with the production of the podcast right now. I do everything I find research guests. I emailed them. I schedule with them, I interview them and

Then I do all the editing. And the reason why I got Patreon was every dollar that you support me there goes towards the production costs and to offset some of the production costs I will like or some of the production that I do. I would like to bring on a supporting member and someone who can edit the audios and make it amazing without it being me an amateur audio editor and so I have decided to bring somebody on that's going to support my podcast and edit my audios. I'm so happy right now. Patreon covers 50% of the costs. So I'm putting 50% in from my own pocket. But it's worth it. It's what needs to happen. I want this podcast to be done in the most amazing way. So this is where though I need your help. If you're listening to this podcast and you would like to see it continue if you would like to. If you're liking the interviews and you want to see this keep going. I really need your help raising the other 50% of the production costs so that I can keep it going. So you can learn more about Patreon. Patreon.com forward slash Thaís Sky would love that very much. And also starting in March, I'm going to start doing these episodes where I'm going to be answering your questions. For those of you who are not familiar, I am a life coach and I'm currently getting my masters in clinical psychology. I have been coaching and teaching this work for Gosh, like 10 years now and I very much would love to support you and I feel like answering your questions here on the podcast not only will support you of course but it will support other listeners who are feeling the same pain so if you have something going on in your life that you would like some support around particularly as it relates to the worthiness, wound relationships, intimacy, building, trust being in your body belonging. Finding a sense of home within yourself. If you have a thing that you would like some support around, please email me at **info at taste skydive calm** I'm

collecting all of your questions. And I will soon be releasing episodes where I will be answering them. And I hope that that will support all of you on your journeys towards your most whole self.

4:22

Okay, so that's all the announcements that I have. Dyana, let's bring her on. So a little bit about Dyana, I'm actually going to read to you her intro on her website because I like it so much. It says I'm Dyana and I'm an Oracle I started doing woke up knowing experiences in 2011 when I had a waking vision of being in the bed and an ancient castle with people sitting around my bed wanting to hear a dream I had years later. I have dreamt in several countries and languages. I didn't speak for seekers, artists, scientists and humanitarians. I practice in unsupervised, unregulated tradition that has no formal training. I have a few peers, I believe these things are changing as more of a step out of the quiet and into the light. This is my service. This is my art. This is woke up knowing. And so Dyana calls herself an oracle and actually asked at the very beginning of our conversation together about what that means for her why she's claim that title for herself. And I think the answer is really beautiful. We also talked about the marrying of social justice and spirituality. We talked about relationships and intimacy. And we talk about taking a space and asking for our needs and how to get messy with one another. And I think the conversation you know, when I think about it feels like a babbling brook. Like you never quite know where it's going to go. But it feels like a delight for dance of water and rock the entire time. So I hope you enjoyed this interview that I have with Dyana and as you're listening, I would love for you to be thinking about your own relationships and what does it mean for you to ask for what you need and what have you been holding back on asking for what you need and taking up space.

Thaís Sky 6:17

Hello. Hello, Dyana, thank you so much for joining me on Reclaim, and so excited to have you.

Dyana

Thank you. I love being a guest oh my goodness, I got the highest recommendation for you. I interviewed Tanya. And she just would not stop raving about you and how much I must know you. And so I went to your website and I was like, sold. You know, I just love there's a clean energy when I read your work. It just feels like yeah, this is somebody who knows what the fuck they're doing, knows who they are in the world and has a really tremendous gift to give. And so it's just such a joy that I now get to have this conversation with you. Thank you.

Dyana 7:00

You and let's just have a little mutual love fest for Tanya Geisler. I just love her. She's so wonderful. And I was so thrilled that you're here in LA. I am. Yes, I am. Your next movie should be in person. 100%.

Thaís Sky

Yeah. Yeah. I've been here for about three and a half years. And I love every minute of it. Me too. I'm very grateful to live here. And we you know, you went to Antioch University, which is why I'm getting my masters now.

Dyana

Oh, yes. Right. Oh, my gosh, we have to talk about it. I think I had a flashback. When I read that in your email. Just what? Oh, yeah. So many parts of it were so hard. And so many parts of it were so deeply wonderful. And in fact, I have a an art series that came out of one of my theory classes, there are my seminar classes that I still really enjoy, really love. And in fact, I got to read a couple of the poems on Heidi Rose Robbins' astrology podcast. So maybe we can link up to that too. If people want to hear my art. Yeah, that sounds great.

Thaís Sky

So for people who may not be familiar with you and your work, tell us a little bit about yourself.

Dyana 8:14

Well, I am Black, Indigenous German, Irish. I work and am grateful to prey on is Tongva, Kihz, Gabrieliño land. They were here first. So I like to thank them and I like to thank my ancestors for all that they contribute to my work. My work is a sort of a pragmatic cosmic work so people ask me questions usually they're existential questions of some some kind. And I literally I actually I should say, actually, not literally, I actually go to sleep and then I share my dreams now I claim my dream. They're my own subconscious their symbols from my own awareness of the astral plane and I share those with my clients and we use the symbols in those dreams to talk about their questions so that's what I'm doing sleeping work when I'm doing waking work I use my this process of years leaders long process of educating my intuition to listen between the lines and to sort of get down into what the real question is often we present with not quite the real question and so it's one of my tools that I use with clients is to get to the REAL question then work on that when I'm doing pure awaking work, which for example my 24 minutes sessions are pure waking work I don't go to sleep and 24 minutes and bring you a dream necessarily but oftentimes the dreams that I've had during that period of time are our will inform those short sessions as well.

Thaís Sky 10:00

so helpful. Yeah, yeah, that's very helpful. And I'm curious how you came into this work and claim to the name Oracle, because I feel like that name and this type of work. It's not like someone gives you a permission slip, right? It's not like someone says, okay, you now get to do this work, you really have to claim it for yourself. And I would love to hear a little bit about the journey that it took for you to get here.

Dyana 10:27

You know, the way you pose that question is actually quite interesting. And I don't I don't think I've answered this question in this way before. So thank you very much for that that permission slip piece really jumped out to me and perhaps that's something that you and I might talk about even offline because it It gave me kind of an energetic buzz that made me want to know more about you and about what you have permission to do. So can we put a pin in that and come back to that are absolutely or, or even do that on the call maybe because there's something really strong in that for me and I would say that there there is permission there is a sort of multigenerational permission and I think Creator, however you identify with what all of the systems around us that amplify our capacity to perform or amplifier capacity to lead or amplify our capacity to tell the truth goes way beyond our will, or or you know, insert any mainstream manifestation language here, right? It goes way beyond that. So I think that the work has been nourished, sanctioned, supported, amplified by many people who came before me. And who helped me see myself and recognize my responsibilities, my social and spiritual responsibilities? So it's not really I used to think of it as an individualized sort of experience. And I think the way that I've, I've answered this question in the past, because most interviewers asked me this question, many clients asked me this question about the Oracle moniker. I didn't use that at first that was actually used by a couple of other people to describe my work. And I was very uncomfortable with it. Much like, other monikers that people have given me and other states of my being like instigator or evangelist I had real problems with both of those names. And the Oracle piece I felt I understood what they meant when they said it because it's it's really sort of the closest cultural reference for millennia ago of of people using dreams as ways to support their communities or to help leaders make decisions. So I think it was sort of the closest analogy or the closest metaphor. Um, but I rallied against it because I didn't I feel very sensitive about cultural appropriation or or about being misunderstood. I didn't want people to think I was using someone else's technology in my work as a divination tool, like Oracle cards or something like that. I just didn't want to be

misunderstood. But one thing that helped me is I took Oracle and I took the capital O out of Oracle, and made it a lowercase o, and identified myself more as in the community of clarified hours of ??? of of cosmic and and emotional language and and how to make that into pragmatic tools that we can use to make our lives and our relationships better. But again, I go back to the beginning of this conversation to say, I also want to recognize that this isn't isn't this isn't a willful act. Mm hmm. So I think that's worth clarifying. Yeah, thank you for sharing that.

Thaís Sky

You know, something that I kept thinking about, as I heard you speak was you know, you use language of a lot of social justice, language like liberation in your work and your work is also very, you know, spiritual and connected to something I think bigger and deeper than all of us, you know, can mentally comprehend and I don't often see people marry those two things and and that's what drew me to your work was that you are able to hold both. You're able to have one foot, feet on the earth in our human experience, and then one foot or one foot, I should say in something deeper, and I would love to hear a little bit more about that.

Dyana 15:14

Yes. I think that the cosmic and the corporal are often segregated. Mm hmm. But I think what ties them together is the communal Hmm. Right.

So I never I don't really ever think that what I'm doing is isolated from who I am and relationship to my community, to my family, to the people I'm connected with to my claimed family to repair family. I don't think of it as me doing it. I think of my vessel as a tool this a transmitter and and It's transmitting to and from, you know, mm hmm those spaces but I think oftentimes people romanticize the cosmic and say, Oh, how do you do that? Oh, I want to know what that is. or and I think we'll nothing. They're not disconnected when I'm closer to my community or I'm more aligned in my prayers. My prayers are more organized for my people as opposed to for myself. And I'm connecting the communal to the corporal to the cosmic and they're all talking to each other. That's, that's what my body is here for, I believe.

Thaís Sky 16:46

Yeah, I think that that's so amazing. The concept of these two what seems to be for so many people segregated at come together through community through community through connection through relationship. shifts and you know, I've often seen that the biggest work that I'm invited to do is within the context of relationships and I would love to hear you know, your thoughts on you know, what do you find that people that come to you or that you found in your own experience to be challenging for people in relationships to one another?

Dyana

Oh my gosh, relationships are hard.

I laugh when I say that, really, because it's just energy leaving my body not because it's funny. It's actually really rough sometimes. And I know that I struggle with relationships so I can I can really only speak for myself to say that I have often in my life felt invited but not totally welcome for varying reasons, you know, being being an outside child, which is a way and I'm sorry, I'm blanking on the author who first wrote about that, I'll find it and I'll let you know. But I, my mother, my father was married to someone else when I was conceived. And when I was, you know, my whole life and, and my mother. So, I mean, I'm outside of a marriage of a child outside of a marriage, right? Which has been termed lots of different things. So, being an outside child being a mixed kid in, you know, a time when there, you know, we weren't we weren't exotic sized at that time or celebrated, you know, now it's like, really cool to be mixed. Mm hmm. And so and being you know, having You know, this background like I was really I didn't know that I was Blackfoot until I was an older teen.

I didn't have a intellectual connection with being indigenous. And but, but I had a corporal and a cosmic connection. So I would I was always really drawn to drumming and singing. And I

couldn't. I just, I couldn't tell you why. But as a little, little kid, I was just I knew that I had a relationship with nature that was unlike other people around me. And I didn't know why, you know, it just seemed like being different at the time.

So I think that being other really sets a sort of a sort of framework for relationships that is that that I think I can say has really heavily influenced my ability to connect with lots of different people. Because oftentimes, you know, I would be claimed by lots of different kinds of people, you look like you could be one of us come over here, you know, and I think that was a benefit but it was also, you know, with, with our, you know, multi generational culture of systems of oppression, it was also very, very challenging and a lot of ways so that sort of invited but not always welcome was a flavor that was, you know, not a positive thing for a long time. Now, of course, I use it as a tool, and it gets me in a lot of doors and I don't really particularly struggle as much with being welcome, but I like getting in the door and I like having conversations that are not usually had And that applies to all my relationships to I think my friends would tell you that I approach relationships in a bit of a different way, then a lot of other people do. At least that's what I hear from them. Yeah, I don't know. That was sort of long winded, but it was kind of an opening to what I think about relationships. And no, I love it. And thank you for sharing a little bit about your childhood and that experience of being a mixed child I can I definitely feel like the conversation around what you know what it means to be mixed has evolved so much. And also we carry you know, our experience of it as a child into our adulthood. And then that kind of informs and becomes who we are in so many ways. How do you identify?

Thaís Sky

I tell you I'm a white Brazilian, so I am an immigrant. I moved to this country when I was seven and my family and Brazil are predominantly white and

Dyana

Do you think see, that brings me back to that earlier, little little tingle about permission and what you feel you have permission to do or be here on the planet? Again, that can be a postponed question or a rhetorical question. But it's really it's really up like it really keeps popping back up.

Thaís Sky

Interesting. Well, you know, a lot of my work revolves around talking about the worthiness wound and so much of that narrative inside of us, tells us that we can't pursue what we want because we're inadequate because we're not enough. And for many of us, myself included, and there's this desire, this tension about wanting other people to give us permission, wanting other people to say, Okay, now you get to be who you want to be. You know, now you get to the world the way you want it to be. And so, so much of my work is marrying that self expression with Dealing with this, this pain within us of not belonging and not being allowed to be who we are on this planet?

Dyana 23:00

Hmm. Well, that makes sense, what's transmitting that way. And it also brings up that the email that I received from you about your Patreon page and about permission seem to run through there as well. I think you're maybe making some changes or thinking about the way that you are requesting support. And I thought was very interesting that in that exploration of I underestimated how you know how much it would take to get support to do this. And then you reflected that back out to us to say, Why do you Why are you support supporting me, which I found fascinating.

Thaís Sky

Yeah, you know, I've been playing a lot with Patreon and thinking a lot about it these past few months and thinking about how I want to take up space in that way and how I want to move

forward with the podcast because the podcast is one of my favorite things about what I do. I love having conversations with people like yourself, and how can I be supported in doing this work? How can this be sustainable for me? And how can I use a platform like Patreon to support the podcast sustainability? So I don't have to. Not that I've ever not, but I have to, but so that I don't do ads, which is important for me to keep this an ad free space. So yeah, support and expression and I mean, these are all such amazing nuggets of challenges that come up when navigating our worthiness and navigating being human in general, right. Yeah, and something that we talked about before we started recording that I'm really excited to get into is something that you shared around what's been coming up for you. A theme that you've been exploring and playing with is how we show up in relationships in terms of lying and being truthful and being in integrity and they would love to hear more about what been coming up for you. Yeah, and let's tie it into the worthiness because

Dyana 25:06

I think when I I'm thinking as you're as you're talking, I'm thinking, but I'm also trying to stay with this information that's sort of coming in the subtext of what you're saying about who you are and what you're lucky you are allowed to have and allowed to be. And so I think a little bit about watching people have online relationships and this this sort of sanctioned external processing of disappointment and grief and relationships so when somebody has an experience with someone and then they you know now people are like naming it and being like I this person wrong to me and I'm going to say their name and and how much I think that's about having a communal space to talk about relationships but I also So I'm always really curious and I asked myself this question. So I had a very kind of upsetting a disappointing experience yesterday where someone, a colleague, a sort of light colleague, online colleague of mine broke up with me by text, and it was so it had so many layers to it. There was so much in the transmission and really the transmission was I don't want anything I don't want to have anything to do with you, Dyana and I there wasn't really a detailed explanation but it was a it was a very firm closed door and the only there only reaction was either no reaction or I acknowledge your boundary which I which I said I acknowledge your boundary and didn't pursue it. But I thought about afterward I thought about the times where I really insisted that there be a process or insisted that I know what was happening at all times in relationships, or that I could possibly know what was going on at all times. And I was always wrong. And I was never satisfied by that process. So a few years ago, I kind of stopped pressing the process. And what I would do is I would look at myself for a moment when I started to feel a little scratchy in relation to someone else, or even in relation to a bureaucracy. For example, I teach at a local community college and have these moments where I was, like really bristling really, my friend, Eric Keizer says scratchy, really scratchy about something and I would say, how was your how, and I saw I would ask myself, Dyana, how is your relationship to yourself as a teacher? How was that first and foremost, how are you relating to yourself in this identity? How are you as a friend to yourself when you're having these high expectations of the your friends are around you, you know, I need you to respond to me, I need you to be there. When you say you're going to be there, well, how often Am I inconsistent and, and, and flaky on something? Let me look at that a little more carefully. Let me look at whether I'm fed. And now that was a new that was a new exploration for me to try to figure out how I could be in relation to the systems of friendship, expectations, family expectations by starting with how good am I at it because I suck at it a lot. A lot.

Thaís Sky 28:41

Mm hmm. You know, it's so it's such a powerful inquiry that I've also been doing because it's so easy, I call it staying in your experience. It's so easy to go into, you know, what the other person is doing and It Takes a Breath. It takes a moment, it takes a step back for us to ask, Well, what are we doing?

Dyana

You know, it's not just about what the other person doesn't like me. Well, what do we think about that person? And how do we think about ourselves in relation to our community in relation to Creator in relation to our greater community? How is our navel gazing of like, Oh my god, that person doesn't like me, help, you know, my students have better education, help my family have more sustainable income and access to resources. You know what I mean? We can spend so much time like introspectively (asking) like what am I doing? How am I feeling how I you know, deserving of this like, Well, wait a minute, what are we what are we really talking about? Are we not like separating ourselves from the source of healing and the source of of true deep care and tenderness and like sustainable love when we're like, you know what I mean it I don't know I'm conflicted about it tell us what do you what do you think about it?

Thaís Sky

Well, I think there's the both and I think it's important for us to be naming our experience instead of other in our experience, because it's by naming and being intimate with what is coming up in the discomfort you know, of being in reality with our with our inner world is so critical and then, yeah, contextualizing it I think is such an important lens of this is how I feel. And this is the context in which I'm feeling it in to help us like you said, Get out of the navel gazing to get out of our own self centeredness and locate ourselves in the belonging amongst those around us. So I think it's really self awareness and other awareness is both so critical and I I'm I often see that when we other we're so focused on others without checking in with who we are. What happens is we're displacing all of our feelings and projecting them on to other people.

Dyana 31:16

Right and it becomes a sort of dis conscious process exactly now yeah I think I'm with you there I can relate to this a little bit in the last couple days because I yesterday I was so hurt you know, I was just so personally like hurt and surprised you know that someone could say I don't trust you. I was like, my ego was so offended you know I was like, outraged the umbrage you know, kind of rose up inside me and I realized I really invested in the pain of that moment, and I completely forgot to pray. Hmm, it totally eluded me and for about 12 hours. I think that was sort of 11 or 12 yesterday I was in the middle of a work session, shouldn't have been checking my text anyway, and then had to continue working and then worked into the night. I probably worked until about 10pm and I was still hurt by it. But it had turned into an artifact. And it turned into something that someone said, How was your day? And that's what I lead with. And then the text late at night, and I immediately corrected myself and you know what I said that wasn't really how my whole day was. But I will say that in the moment of answering them and, and, and catching myself I realized I had not prayed at all. I hadn't prayed for clarity. I hadn't prayed for comfort. I hadn't prayed for the other person I hadn't. I hadn't even acknowledged us as children of Creator and that we're here doing what we're doing for for good purposes. And we're about uplifting other people, and I really believe that and the moment that I caught myself, I just release it all. It all just released from my body in a different way. And I'm still I'm still sad. I'm still surprised. And I'm also really curious because I always feel like there has to be evidence. So if there's evidence of me being untrustworthy, it's like, really, I want to know, because I want to learn from it. But it's not her job to educate me. It's not her job to give me a full story that satisfactory to me. She was taking care of herself, right. Yeah, but it was interesting how to me prayer. For me personally, I never even talked about praying until last year, because praying was something that I think other people would say to me, I'm going to pray for you as a signal that I was broken or as a signal that there was something wrong and that they would use their faith on behalf of me because I was such a heathen and I was going down the wrong path, right? And so I took it as a dis instead of an elevation or loving thing. But I think particularly in this relational conversation we're having an end within the context of the cosmic the corporal and a communal to me prayer really helps those stay weave together for me and helps me keep a good perspective and keep me on the road you know, but I forgot it you know, I forgot it. And when it came back into my body was so grateful and I think I had to

be super tired to remember the right way you know, I had too much energy in the early day to like, fight against it. It's done. Wonder how much how many of us are praying and our relationships not just for a gain but you know for service and for, you know, for other people who normally we wouldn't print

Thaís Sky and Dyana 35:00

For Yeah, I feel like prayer asks us to surrender to step back to recognize that we may not be seeing the total picture it I think helps us to remember our humanity and that we are not I don't know sometimes I feel like we forget that we're mortal humans. And we think that word these, you know, godlike creatures that like on the, on the mountains, right that has this such big effect on everybody. And I think it's important to recognize our divinity but from a grounded perspective and of our humanity. And I think that prayer invites us into that space. It's kind of like for me whenever I go to the ocean and I see the vastness of the ocean I'm reminded of my smallness and not not from a place of collapse, but from invitation to remember my humility. And remember that you know there's something so much bigger than me at play.

Dyana

Hmm. I recently speaking of relationships and prayer in this connectedness, I wrote up an email to my people close to me and people who might be even new to me, but who I want to be close to. I wrote an email about my birthday. My birthday is Friday, January 25, I don't know when this is airing. So it's either already happened or it's about to happen and and I wrote an email and I often will invite people to something or or, you know, check in or something, but I don't really do this kind of thing except maybe special birthdays or from I have a party or something. So I'm not having a party this year. But I started to write this email few weeks ago about my birthday. How I wanted people to celebrate with me often people ask me You know, Dyana, I don't know, I don't know, where do I get you what you want? What do you hear you kind of hard to figure out, I don't know whether if you are into crystals, or you, you know, want to like gift card to target, like what, you know, sometimes I'm a little bit hard to draw a bead on. So, and that can be even from people close to me, you know. So I think that's kind of interesting. First of all, because I feel like I say what I like very often, but I don't think I actually transmitted so I started to write this email about, you know, I like gifts, give me gifts and also come spend time with me. And then I got this really and I think you might find this interesting about your work and I think it relates back to our permission theme. Then I got my panties in a bunch and I started thinking about Oh, I can't ask for that. I can't put I can't put a laptop on that my Amazon wish list that's just rude or whatever. I started spinning about it spending about it and I'm editing this email and this is like a three week email. I really worked on it reworked. It worked it like ended up incorporating some promises. And this came out of a conversation where a friend of mine said, Why, why did you add that one? Why, why did you put that item on the list? And I said, Well, I promise this year to receive more graciously like to receive gifts and really say, Oh, no, no, those too much. Why did you do Oh, no, no, let's share this. Like, if you give me you know, a meal somewhere, well, then you have to come to the meal with me, you know, whatever it is, I want to give half of it away all the time. So she was asking me questions, and I realized every request in a relationship is for some purpose. It's either for primary or secondary gain. Secondary gain is when you get into trouble, right? And the primary gain is is usually pretty pure. So I started to think about what it was I was asking for. And so I asked. The very first thing I put on the list was pray with me that we as a community could stay on purpose you know in a good way and fulfill our cosmic assignments and Mayor and I started thinking about the people in my community that people unless I said they are merely obstacles pain and suffering be relieved marriage spiritual and physical health be potent. Hmm. I promise to be true to myself and the road and I and it just came out of me in a way I didn't compose it at super edit-mode. It just came out and I thought if you read nothing else in my email, but you join me in that prayer, it's like one of the most intimate things I could have with someone and it really surprised me that that came out so I would just I would just put this out to the listeners and say you know what is it about relationships permission prayer the



connection between communal/cosmic/corporal. What are what are those things for you? What's happening and and I would and I say this in all my interviews and rarely do people take me up on it but I really love it when they do I want to know I go to my website email me my phone numbers there my email is there I want to have these conversations because I think that we we don't do any of this alone

Thaís Sky  
hmm

Dyana 40:47  
yeah for letting me go there yeah

Thaís Sky  
no thank you for going there i think that you know there's a lot that can come up when when it comes to ask him for what we want. Not just in the asking, but in the receiving. And I think that that can be really hard for a lot of us, particularly if we were taught that, you know, receiving means that you're lazy and that you should be getting things on your own. And that, you know, you as a woman, your role is to give not to receive or that we have to keep track. So we make sure we give back the equal value of something. Do you have any? Exactly Yes, 100%. It's like when somebody gives you a Christmas present or a birthday present and you didn't give them one and so then you immediately go into the fuck, now I have to go by this person that Christmas present even though it's out of my budget that I planned out from this year because I can't let them give me a present without giving them a present back you know what I mean? It's like we or I don't even think of them that way. Yes. What does that mean about mutuality. What is what it what is inherent and permission

Dyana 42:00  
That has to do with mutuality and shared power. We look at how we're using our time and what matters and what what what we you know what I express and my birthday email is I want something it's my birthday and I have/want something. This is when I can ask for something my birthday I want something and even that is problematic.

Dyana 42:26  
and even just taking up space for your birthday is is seen as like your birthday shouldn't be a big deal you're supposed to grow out of having a birthday mean right like after a certain age like you're not supposed to be celebrating a birthday anymore you're not really supposed to tell people you're not supposed to like to be taking up space in this way that it makes me so sad that that's even possible out there but I know it's true I'm going to be 50 I'm so excited to be 50 I always wanted to be 50 since I was a little kid because all the Women in my life were 50. Like when I was like whatever. 8-10. They were amazing. They had power. They told good stories. They didn't give a shit what anybody thought about them, they smoke cigarettes and shot the shit and played cards and like they were free in a way. gray hair. I always want to gray hair. And I have this beautiful gray hair. I'm so proud of. I'm like into it so that everybody feels conflicted about celebrating their birthday. Just come hang out with me on your birthday.

Thaís Sky 43:34  
Happy birthday. If I don't get to say to you on your actual birth you better now that I've told you. Hey, I'm turning 30 this year. Hey. So I've been thinking a lot about age and birthdays. And you know, again, I really think it has to do with this concept from our culture.

Dyana 44:00  
We're not supposed to be taking a space in ways that make us feel narcissistic. Like this idea of being narcissistic is seen as like the worst thing ever. But the shadow of that by pushing that away what we're really doing is actually cultivating narcissism because you know, if the quality

of narcissism is that really like you have to get your own needs met you have to meet your needs you know and if we studied psychology the origins of the word narcissist was not some weapon It was not meant to leverage to to name you as a bad person. It was a defense structures the way that you saw the world and the Narcissistic Personality structure is just oriented towards the self so there's nothing inherently wrong with the word narcissism or or Narcissistic Personality structure. But then our culture I think, and I would love to know your thoughts on this has really turned any concept of self orientation as selfish. Well, except that we have huge business million dollar industries there that are buying. Yes. And that's the shadow, right? Don't you think? Like, that's the I don't know. Um, I don't know necessarily. It's kind of like what you're saying about the roots of the of Narcissus you know who like entranced himself by some water and turned into a rock I mean there's like you know a little a little too far right but i think that you know the clinical sense(diagnosis) of narcissism is not great i mean it's it's the that's the framework of someone else has to be at you know has to serve those needs as opposed to us serving our own needs so so I don't know I don't know God I'd like to talk more about that at some point but I think that when self the definition of self means me myself and I, as opposed to the self in context, a service and in relationship to healthy community and that we as we amplify our health and we prioritize being well, we're then, you know, we're then raising everybody up. And, you know, I think that's good.

Unknown 46:24

I think that's good. But I think there's a lot of, I'm not happy so I'm leaving and you can't be happy either things. There's a lot of stuff that's really

Unknown 46:34

embedded in the systems of oppression, both systemic and individual, there are really problematic that are that are highly ego driven, and about

Unknown 46:47

my satisfaction

Unknown 46:50

and at on the next of others. So I think it's I think it's problematic but I think it needs to be talked about and I think we need to find language so we can make sense of

Unknown 47:00

ourselves and not

Unknown 47:02

immediately jumped to like we're problematic if we have needs, you know exactly for sure. Exactly. Yeah. So maybe maybe we have another conversation case we keep going

Unknown 47:13

because I know we need to wrap up.

Thaís Sky

Yeah. Yeah. Sounds good. Well, do you have any final thoughts before we end this conversation? this will be coming out probably end of February.

Dyana 47:32

I would say, you know, as we enter the third or fourth month of this year, I'm really curious to hear how people's relationships are going. How has spring sprung feel like spring is one of those times when we we sort of go outside and we look around a little bit we've kind of come out of the holiday days we've maybe it's getting warmer where we live, or maybe it's getting cooler where we live. But the season is shifting a little bit no matter where we are. And I would

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say as you look outside and you and you experienced those changes, what what changes are happening for you, and how do they relate to how you're relating to other people. I'd really love to continue the conversation with people.

Thaís Sky

So that that's what I would, I would thank you for that. And thank you for being on reclaim. I appreciate you. I appreciate your voice and your work in the world. And here's to an amazing 50th year around the sun. Thank you. Thank you. So glad to be here.