

# Pull Quotes for Bri/Dyana Spinning Gold Conversation

## DYANA

**Dyana Valentine 10:04**

What is ceremony if not an embodiment of spirit?

**Dyana Valentine 15:09**

I'm a huge fan of questions. And I'm really interested in the real questions. So I have a distinction between, you know, the wrong questions, the right questions and the real question. So I'm interested in getting to the real question, because the real question allows us to be together.

**Dyana Valentine 34:38**

It's it's one of the most inhumane pursuits -- the pursuit of legitimacy.

**Dyana Valentine 39:37**

There is so much violence in self-help. It's devastating to me. How much "you better do this or you won't belong, you won't whatever, and you better pay this or you won't blank and you better . . . You know? And look like me, be like me, a lot of identity mimicry. It's devastating to me to look at and watch.

## BRI

**Briana Saussy 24:22**

Not having a tradition or a formalized training, be it academic or otherwise, has kept so many people from using names that otherwise feel right. And what I was taught about that is that there are people who are book-taught, there are people who are taught through the doing of something, and then there are people who are Spirit-taught. And being Spirit-taught doesn't have the "I can point to the certification process," but often, it gives us the richest soil.

**Briana Saussy 33:20**

There are so many programs out there — of all stripes, from all different genres — that start from the premise of, "you completely know what your core raison d'être in this lifetime is." And people who don't . . . can feel like they're behind the time. I think that it's so essential to know

that, a) not everybody needs to have that really strong handle, and b) it's there. And when you're ready for the name or the understanding to present itself, it will. But it doesn't mean that it's not doing what it does long before you have words for it.

**Briana Saussy 37:44**

I talk about it a lot as right relationships, like how do I be in right relationship with myself, with my community, with my family? With my day? And a huge part of that is what kind of choices am I making? And I think that even the idea that you could make choices from a place of asking, "Well, is this humane or not?" I think that's really revolutionary to people. It's totally missing from our political discourse. It's missing from our academic discourse. It's missing from a lot of self-help discourse as well.