

Dyanna LaMora

Writer · Speaker · Host of *Held by Love*

AT A GLANCE

PODCAST

Held by Love

FOCUS

Faith, femininity, freedom

LOCATION

United States

LAUNCHED

2025

SHORT BIO · 50 WORDS

Bio

Dyanna LaMora is a writer, speaker, and host of the Held by Love podcast. Her work lives at the meeting place of faith and freedom — where softness is strength and wildness is something to be redeemed. She invites her readers and listeners to unlearn shrinking and rediscover the tender voice of God.

LONG BIO · 150 WORDS

Dyanna LaMora is a writer, speaker, and contemplative voice for women who long to breathe freely in who God created them to be. She is the host of Held by Love, a weekly podcast offering meditations on faith, healing, and the inner life.

Through poetic reflection, meditative thought, and reflective storytelling, Dyanna invites her audience to unlearn shrinking, release performance-based spirituality, and rediscover the imaginative, tender voice of God.

Her work is rooted in the conviction that Christianity is not confinement but liberation — that softness is not weakness, and wildness is not something to be tamed but redeemed. When she is not writing or recording, you will find her in a sunlit kitchen with a candle lit, on a long walk through tall grass, or reading the Psalms slowly enough to mean them.

INTERVIEW ANGLES

Conversation starters

- **Faith beyond performance**

What happens when you stop trying to earn God's love and start receiving it?

- **Wild femininity**
Reclaiming softness as strength and wildness as something to be redeemed, not tamed.
 - **Healing through story**
How reflective writing and meditative practice can become pathways to inner freedom.
 - **The contemplative life**
Slowing down, listening inward, and finding the tender voice of God in everyday moments.
 - **Liturgy & rhythm**
Creating sacred routines — from morning Psalms to golden-hour walks — that anchor the soul.
 - **Becoming whole**
Identity, belonging, and the fierce tenderness it takes to live a wholehearted life.
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MEDIA INQUIRIES

Get in touch

For interview requests, speaking engagements, podcast guest appearances, and press inquiries:

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