

## What is Meticulous Conversation?

I understand 'meticulous conversation' as encountering another in such a way that we are transported to an embodied experience of connection, communion, love. Even a momentary taste of heart-felt resonance reveals what is most natural, utterly joyous, and effortless. And yet, for most of us, to realize our capacity for enjoying and cultivating meticulous conversation with another is a great attainment, a sublime happening. In most cases this standard of relationship requires a practice of conscious communication, a focus on being fully present, committed to facing every obstacle to our full flowering. Are you up for this?



**“When we meet like this, I may not have the words, so let me say it now: Nothing compares to the sensation of being alive in the company of another. It is God breathing on the embers of our soul.” ~ Mark Nepo**