

SOUL TALK

A Mindfulness Dyad

Intention: To offer, to receive, and to share presence. We take turns to express, one sentence at a time, speaking *from* (rather than *about*) what is noticed in this present moment of experiencing.

Purpose: To foster connection, intimacy, authenticity, presence – to cultivate peace together.

NOTE: **Soul Talk** is a variation of **Relational Speech** where each sentence references both "you" and "me."