



Between Realms

Soul Talks:

Living Well, Dying Well

Explore Life, Death, and Meaning in a Safe Space

Soul Talks is a facilitated conversation experience that supports death literacy and meaningful dialogue around mortality.

Each gathering centres around a specific aspect of death, grief, or conscious living, and is supported by a curated set of prompt cards designed to deepen reflection and dialogue.

Each 90-minute session is thoughtfully facilitated with light death education woven throughout.

Soul Talks are not counselling sessions or grief groups, but a space for curiosity, connection, and compassionate exploration.

SOUL TALKS HELP PARTICIPANTS:



Sit with the reality of death in a gentle, compassionate way



Reflect on how to live fully and intentionally



Strengthen emotional resilience and self-understanding



Connect with others navigating life and mortality



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Death Doula

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Themes

- What Makes a Good Death?
- Legacy and Meaning
- Mystical Experiences Around Death
- Global Traditions Around Dying and Mourning
- The Body After Death
- Death and Creativity
- What Happens After We Die?
- If I Only Had a Year Left to Live...
- Grief in a Culture that Avoids It



Investment

\$150 per session

This price includes preparation, facilitation, materials, and travel within Nanaimo.



Book your session at
www.betweenrealms.ca