



Day One

Who Taught You How to Pray?

Here's what we'll do on Day One:

During the Facebook Live, I'll talk you through each question in this handout and will invite you and the others in attendance to share your answers and comments.

We'll do some tapping and I'll ask Spirit to give us additional words of encouragement, answers, etc.

After our Facebook Live, I'll provide you with a post in The EGO Tamer® Academy Facebook Group. There you'll find instructions on how to share your experience.

And, as prompted, I'll pray with you.

Here are the questions we'll cover on our first day together:

- Who taught you to pray?
- How old were you?
- Where did you “practice” praying?
- Were you instructed to recite someone else's prayers or pray from the bottom of your heart?
- When you think about it, does it make you feel warm and fuzzy for a little bit gag me with a spoon?
- Can you recall a specific experience that either turned you on to or off of prayer?
 - Where were you during that specific experience?
 - When was it? Can you remember a date or the event?
 - Who was it?
 - Why did it turn you off or turn you on to prayer?