



# Two way Prayer

ENHANCING OUR ELEVENTH STEP  
PRACTICES

# The Simple Method

- ❖ Choose a quiet place where you meditate and pray
- ❖ Have a specific journal to record each conversation
- ❖ Write down what is on your mind – a concern or a thought or how you are feeling
- ❖ Take a couple of slow deep breaths to center yourself
- ❖ Begin to write the thoughts that come into your head (without filtering or second guessing)
- ❖ when the page is full or when the timer for 10 minutes goes off.
- ❖ Read what you have written asking yourself: (1) does it resonate with what I know about my Higher Power? (2) is it honest and true?



Give thanks  
that your  
**Higher Power**  
wants to  
communicate  
with you!



# Resources

01

Daily Two Way  
Prayer Zoom  
meeting 1200 (EST)

02

9884 2499 977  
password: pw 1212

03

[Faith.holwyn@gmail.com](mailto:Faith.holwyn@gmail.com)

416 805-7529



*As you walk your own  
personal journey of  
recovery may you  
continue to find ways to  
enhance your eleventh  
step practices and know  
that HP wants to have a  
close relationship with  
you...*

