

Path to Personal Freedom 12 Steps: Monthly Series Via Zoom

Overview of Process for Awakening with Herb Kaighan



The Path to Personal Freedom Series is a Fundraiser for Mary & Joseph Retreat Center

This monthly series describes the 12 Step journey. The Twelve Steps of Alcoholics Anonymous were originally conceived as an antidote to alcoholism and have now been adopted to address all addictions. The AA co-founder, Bill Wilson, prophesied in the First Edition textbook "Alcoholics Anonymous": **"our way of living may have its advantages for all."**

Herb K, sober since 1984/awakened since 1988, has adapted and applied this Twelve Step process to the general human condition of "restless, irritable, and discontent." He has successfully integrated his knowledge of philosophy, psychology, and spirituality with his experience of the 12 Step process to effect a radical change in an individual's thoughts, feelings, attitudes, and especially personal behaviors.

This 12 Step series unpacks our journey for establishing and sustaining relationships:

- with Reality/reality
- with our self
- with others

You will learn, apply, and experience the precise instructions from the Big Book *Alcoholics Anonymous* – a methodology for a radical personal change. This effort promises a gradual turning **from** the bondage of darkness ... addiction & unmanageability ... **to** ... release in sunlight ... freedom & hope."

Herb's journey includes: 7 years in Claretian seminary, a graduate education in psychology, forty years in human resources consulting, certification as a Spiritual Director, active participation in a 12 Step Fellowship since 1984 and the publication of three books on spiritual awakening. A practitioner of Centering Prayer, Herb also facilitates a gathering (ZOOM) for Centering Prayer on the 2nd and 4th Wednesday of each month. ALL are welcome to join in this experience.

Suggested donation: \$10 each workshop Or All 12 Workshops for \$100
Zoom information and links will be emailed to you a few days before each event.
To register call José at (310) 377-4867 ext 250 or email him at jsalas@maryjoseph.org or register online at www.maryjoseph.org. Please see website for Cancellation Policy.

For questions on content, email Tania at tania.herbk@gmail.com

Please note these workshops will be video recorded on Zoom and available on www.herbk.com

****See next page for a complete list of dates & titles of each workshop***



Path to Personal Freedom

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Overview of Process for Awakening

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Saturdays Via Zoom (PST)

10 to 11:00 AM

Presentation with PPT

11 to 11:30 AM

Dialogue with Participants

Open to ALL who are interested in improving their Consciousness!

January 16	Step 1:	NO CHOICE!
February 13	Step 2:	Choice of Concept
March 20	Step 3:	Decision for Relationship
April 10	Step 4:	Name Obstacles ...Resentment
May 15	Step 4:	Name ...Fear, Sex & Dishonesty
June 19	Steps 5,6,7:	Transparency/Transformation
July 10	Steps 8 & 9:	Regret, Reform, Repair & Restore
August 7	Step 10:	Intentional Conscience
September 11	Step 11:	Intentional Consciousness
October 9	Step 12:	Intentional Compassion
November 13	Step 12:	Practice Principles - Emotional Sobriety
December 11	Step 12:	Practice Intentional Living - Spiritual Sobriety

MARY & JOSEPH RETREAT CENTER

5300 Crest Road Rancho Palos Verdes, CA 90275 (310) 377-4867

www.maryjoseph.org

Email: jsalas@maryjoseph.org