



# Personal Path to Freedom - 12 Step Series

- 1/16 NO CHOICE! • 2/13 Choice of Concept • 3/20 Decision for Relationship
- 4/10 Name Obstacles ...Resentment • 5/15 Name ...Fear, Sex & Dishonesty
- 6/19 Transparency/Transformation • 7/10 Regret, Reform, Repair & Restore
- 8/7 Intentional Conscience • 9/11 Intentional Consciousness
- 10/9 Intentional Compassion • 11/13 Practice of Principles - Emotional Sobriety
- 12/11 Practice Intentional Living - Spiritual Sobriety

**Saturday, September 11, 2021**  
**10:00 to 11:30 AM Via Zoom (PST)**

## Intentional Consciousness

Herb Kaighan, Spiritual Guide



*This 12 Step Series is a Fundraiser for Mary & Joseph Retreat Center*

### Step Eleven: A Practical Approach to Improving Conscious Contact | Consciousness Practice of Meditation

- Prayer
- **Meditation**
- Contemplation
- **Intentional Consciousness**

Herb's journey includes: 7 years in Claretian seminary, a graduate education in psychology, 40 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 since 1990, Herb also facilitates a gathering (ZOOM) for Centering Prayer on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of each month. ALL are welcome to join in this experience.

**Suggested donation: \$10 each workshop**

**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](mailto:jsalas@maryjoseph.org) or register online at [www.maryjoseph.org](http://www.maryjoseph.org).

For questions on content, email Tania at [tania.herbk@gmail.com](mailto:tania.herbk@gmail.com)

Please note these workshops will be video recorded on Zoom and available on [www.herbk.com](http://www.herbk.com)

MARY & JOSEPH RETREAT CENTER

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

[www.maryjoseph.org](http://www.maryjoseph.org)

Email: [jsalas@maryjoseph.org](mailto:jsalas@maryjoseph.org)

**RETREAT RESERVATION ~ Please return this form for your reservation. Thank you.**

**"Intentional Consciousness" Herb Kaighan, Spiritual Guide, Saturday, September 11, 2021**

NAME \_\_\_\_\_ PHONE (\_\_\_\_\_) \_\_\_\_\_

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**Donation: Each workshop \$10**