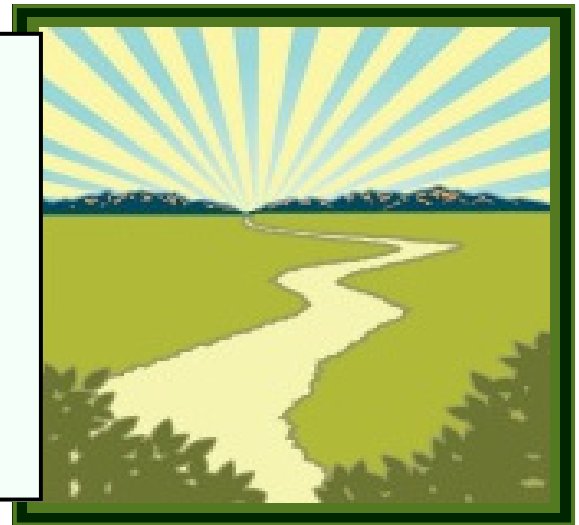


Saturday, October 16, 2021
9 AM to 1 PM Via Zoom (PST)

Emotional Sobriety & Core Principles 7~12

Allen Berger, PhD, Clinical Psychologist
Herb Kaighan, Spiritual Guide



Who should attend? ALL who are interested in improving the quality of their life; especially those in **any** 12 Step Fellowship.

Dr. Berger and Herb K. will unpack Core Principles 7 through 12 of Emotional Sobriety that sustain personal growth, a continuation of the July 24th workshop. This powerful experience will give each participant an opportunity to look at the current quality of life from a fresh perspective and have a new experience. Transformation creates a new attitude and experience towards ourselves, others and Reality.

This workshop creates a template for emotional growth helping us:

- discern and manifest our true self,
- identify our internal obstacles to joy by practicing these Principles,
- live with balance, humility and vitality,
- be the determining force in our own lives and a positive force in our community.

Honestly ask yourself:

- What are the sources of the symptoms of my current suffering?
- Do I have a quality life?
- Do I have balance?
- Do I have a sense of personal value, purpose and meaning?

Attendees will experience a process for:

- Identifying the obstacles to quality living.
- Holding on to your self, regaining your balance after you have lost it, discover the path to authentic freedom and happiness.
- Fostering your life, having personal freedom and VIBRANT relationships.

Saturday, October 16, 2021 ~ Schedule

Orientation	9:00	Awareness and Action	11:00
Application of Effective Principles	10:00	Conclusion	12:00

Cost: \$45 Zoom information and links will be emailed to you a few days before each event.

To register call José at (310) 377-4867 x250 or email him at jsalas@maryjoseph.org or register online at www.maryjoseph.org For questions on content, email Tania at tania.herbk@gmail.com

**Herb Kaighan, Spiritual Direction
(37 years sober)**

Through working the steps as contained in the Big Book Herb experienced a profound spiritual awakening. He will discuss the impact of the Process & Principles for walking this path, practicing emotional sobriety to develop emotional maturity and a practice of daily intentional consciousness.

www.herbk.com

**Allen Berger, PhD, Clinical Psychologist
(50 years clean & sober)**

Dr. Berger will discuss mental health concepts like emotional dependency, self-esteem, independence, interdependence & manifesting our true self. www.abphd.com

