

Saturday, January 15, 2022
10 AM to 1 PM Via Zoom (PST)

Resentments

Columns 3 & 4

Herb Kaighan, Spiritual Guide



The Spirituality Series is sponsored by Mary & Joseph Retreat Center

Step Four: Moral Inventory RESENTMENT

Identification of the Obstacles in Us to Power

- Overview of the entire process; use of the model of survival instincts - fight, flight, freeze.
- Actual application of precise instructions for **Resentment** analysis: Identifying false "beliefs;" our "should(s)"; "unenforceable rules".
- **Prayer process** for removal of deep resentments.
- Why do we hold them...? What is benefit to us? ...value for us?
- What are our operating motives (corrupt)?
- How do I misrepresent myself?
- How do I avoid responsibility?
- Taking **100% responsibility** for our perceptions, feelings and our behavior.



Herb K's journey includes: 7 years in Claretian seminary, a graduate education in psychology, 40 years in human resources consulting, certification as a Spiritual Director, 37 years of active participation in a 12 Step Fellowship and the publication of 3 books on spiritual awakening. www.herbk.com

Cost: \$25

**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.
For questions on content, e-mail Rainey S. at rainey.herbk@gmail.com
Please see website for Cancellation Policy. Visit **Herb Kaighan's YouTube** channel to view past workshops from the Spirituality Series.