The Spirituality Series is a Fundraiser for Mary & Joseph Retreat Center

Step Four: Moral Inventory RESENTMENTS
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 ~ 7 years in Claretian seminary, a graduate education in psychology, 40 years in human resources consulting, certification as a Spiritual Director, active participation in 12 Step Fellowship since 1984 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.