The Spirituality Series is sponsored by Mary & Joseph Retreat Center

Self-Forgiveness

Fred Luskin, PhD & Herb Kaighan, Spiritual Guide
Share their separate knowledge and experience of Secular and Spiritual ingredients!

Beginning with a review of previous sessions so anyone can attend, this workshop will teach the steps to SELF FORGIVENESS as determined by the Stanford Forgiveness Projects. Lecture and guided practice will be offered.

Bill Wilson (cofounder of AA) discusses forgiveness - he calls it “letting go of resentment”. It’s not done to please others, but in the interest of freedom - theirs and ours. A life which includes deep resentment leads only to futility and unhappiness. Learn about the process of forgiveness ~ 1. what it is and what it is not, how to forgive them and ourselves. Workshop will focus on positive intention, unenforceable rules, and decision & action as tools for self-forgiveness process.

Fred Luskin, PhD, is the director of the Stanford University Forgiveness Projects, a senior consultant in health promotion at Stanford University, and a professor at the Institute for Transpersonal Psychology, as well as an affiliate faculty member of the Greater Good Science Center. He is the author of “Forgive for Good: A Proven Prescription for Health and Happiness” and also “Stress Free for Good: Ten Proven Life Skills for Health and Happiness”, with Kenneth Pelletier, PhD. Learn more at www.learningtoforgive.com

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, active participation in a 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 with Fred Luskin and other videos from the Spirituality Series.