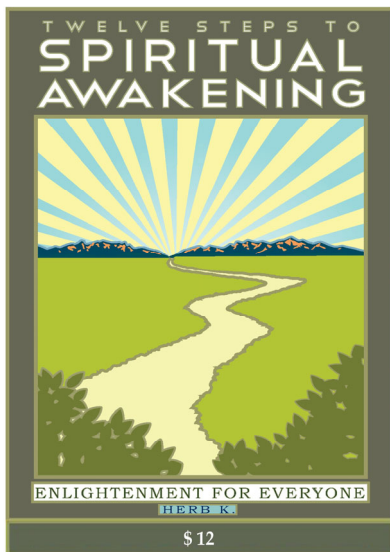


Spirituality Workshops Via Zoom

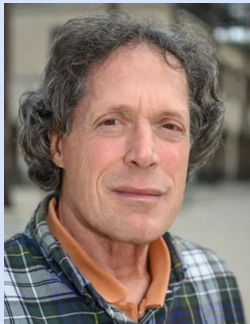
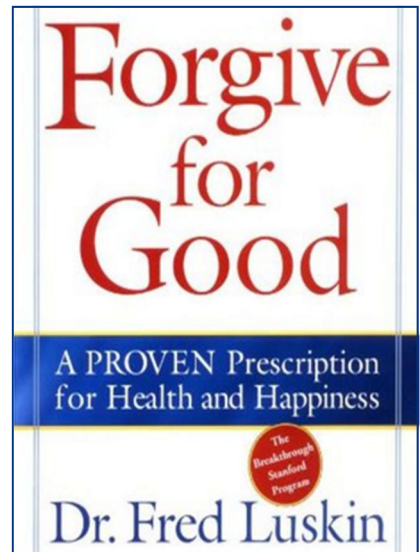


Saturday, June 10, 2023
10 AM to Noon (PST) Via Zoom

Forgiveness: A Process

- Release
- Be Released

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



Fred Luskin, PhD

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, what it is and what it is not, how to forgive them and ourselves - the practical approach to the process. Workshop will focus on positive intention, unenforceable rules, and decision & action as tools for self-forgiveness process. This will be a practical WORK-shop. Bring your questions, prepare to confront your unwillingness and to respond to your willingness. Together we'll share our experience and dialogue about being delivered to FREEDOM by bringing HEALING to others.



Herb Kaighan

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: Go online at www.maryjoseph.org

Or email Jose Salas at jsalas@maryjoseph.org

Or call José at (310) 377-4867 ext 250

For questions on content, e-mail Rainey S. at rainey.herbk@gmail.com.

Visit **Herb Kaighan's YouTube** channel to view past workshops with Fred Luskin.