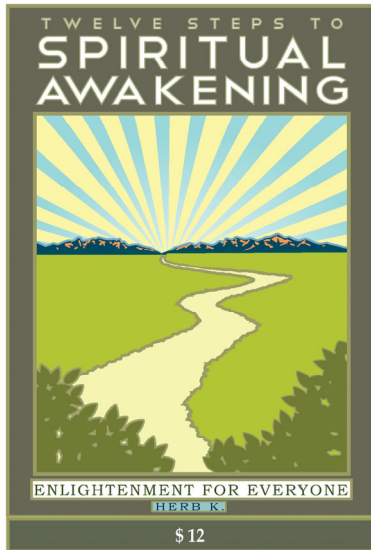


# Spirituality Workshops Via Zoom



**Saturday, September 14, 2024**  
**10 AM to Noon US Pacific Time Via Zoom**

## FORGIVENESS

- To Release
- To Be Released

Fred Luskin, PhD &  
Herb Kaighan, Spiritual Guide

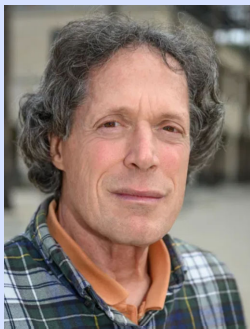
Share their separate knowledge and experience  
of Secular and Spiritual ingredients!

# Forgive for Good

A PROVEN Prescription  
for Health and Happiness



Dr. Fred Luskin



Fred Luskin, PhD



Herb Kaighan

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 our **FREEDOM**. This workshop is on how to **FORGIVE** and will focus on a process of **releasing them** ... and ... **being released ourselves**.

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**.

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](http://www.learningtoforgive.com)

Herb K's journey includes: 7 years in 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 4 books on spiritual awakening. [www.herbk.com](http://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](http://www.maryjoseph.org)

Or email Jose Salas at [jsalas@maryjoseph.org](mailto: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](mailto:rainey.herbk@gmail.com).

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