



FORGIVENESS OF OTHERS AND OUR SELF

2026

PRESENTERS: FRED LUSKIN, PhD & HERB KAIGHAN



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

Forgiveness - "letting go of resentment". It's not done to please others, but in the interest of our FREEDOM. This workshop will discuss how to FORGIVE and will focus on a process of *releasing them ... and ... being released ourselves*. This will be a practical WORK-shop.

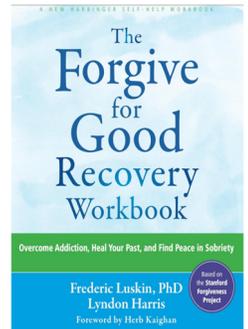
Bring your questions, prepare to confront your *unwillingness* and to respond to your *willingness*.

Together we'll share our experience 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*", "*Stress Free for Good: Ten Proven Life Skills for Health and Happiness*", and now "*Forgiveness: Workbook*" with Kenneth Pelletier, PhD. Learn more at www.fredluskin.com

Herb Kaighan, Spiritual Direction (Sober - February 1984)

Through working the Steps as contained in the Big Book, Herb experienced a profound spiritual awakening. He will discuss the impact of the Process, Principles for walking this path, *PRACTICE* of emotional sobriety to develop emotional maturity and practice of daily *intentional CONSCIOUSNESS & COMPASSION*. www.herbk.com



REGISTER
ONLINE



Quarterly | Saturdays 10 AM - Noon:

January 24 ~ Forgiveness

April 18 ~ Forgiveness - Others and Yourself

July 11 ~ Forgiveness - Others and Self ~ Continue Discussion

October 17 ~ Forgiveness - Others and Self ~ Continue Discussion

Cost: \$45 per workshop

ZOOM information & links will be emailed prior to event.

For questions on content, email nan.herbk@gmail.com