

MEET HERB K.

Herb was given the gift of freedom from alcohol on February 21, 1984. As the result of being guided through the Twelve Steps as contained precisely in the AA Big Book, in 1988 he experienced a profound spiritual awakening. Since then Herb has been very involved in carrying the message of recovery through spiritual awakening by leading presentations, workshops, and retreats. He has authored:

- “Twelve-Step Guide to Using the Alcoholics Anonymous Big Book”(2004)
- “Twelve Steps to Spiritual Awakening; Enlightenment for Everyone ” (2010).

Many find these helpful for accessing the instructions and confirming the actual process in the Big Book.

Herb is married, has three adult children, seven grandchildren, and lives in Rancho Palos Verdes, California. His personal journey also includes:

- Seven years in seminary, a graduate education in psychology, and a 40-year career in human resources consulting (he retired in November 2006)
- Conducting workshops on a variety of topics in Loyola Marymount University's Center for Spirituality (Los Angeles)
- Teaching courses on Twelve-Step Spirituality to theologians as an adjunct professor at St. John's Seminary in Camarillo, California
- Completing the three-year training for Spiritual Directors at Mt. St. Mary's College (Los Angeles) in 1990 and continuing an active practice.

CONTACT INFORMATION:

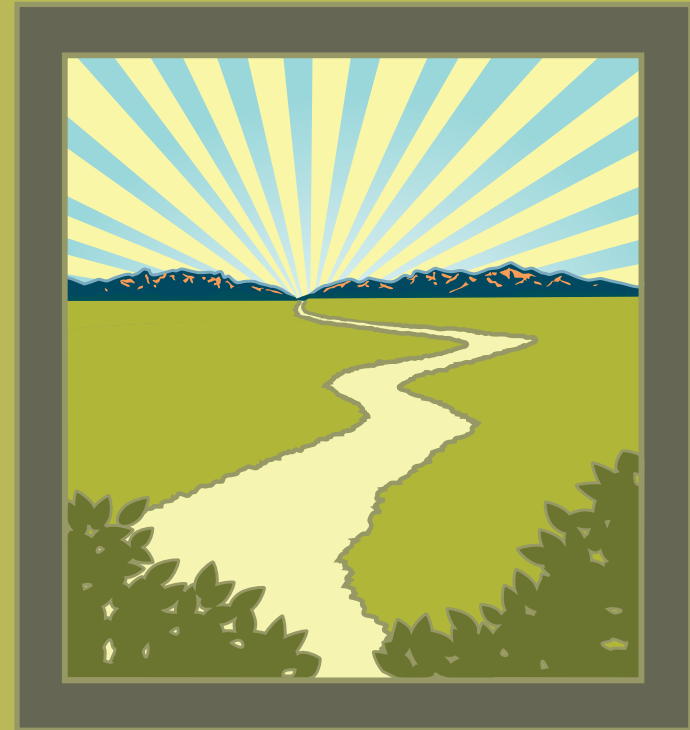
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SPIRITUAL AWAKENING



PRESENTATIONS

WORKSHOPS

RETREATS

Herb K.

“The consciousness that created the problem cannot be the consciousness that solves the problem.”
Einstein



Ask yourself:

Are you willing to have a fresh experience?

Are you willing to embrace the attitude suggested by Alcoholics Anonymous “Big Book”?

- For “... vital spiritual experiences ... phenomena ... huge emotional displacements and rearrangements ... Ideas, emotions and attitudes which were once the guiding forces of the lives of these men are suddenly cast to one side, and a completely new set of conceptions and motives begin to dominate them ... an emotional rearrangement within you.” Page 27
- “It meant I would have to throw several lifelong conceptions out of the window.” Page 42
- “We ... beg you to lay aside prejudice ...” Page 49
- “Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely.” Page 58

Can you set aside your ideas and experience – on your own power?

Some of us have found it useful to humbly request:

Please set aside everything that I think I know about myself, my brokenness, my spiritual path and You, for an open mind and a new experience of myself, my brokenness, my spiritual path and especially You!

“Herb Kaighan has done it again! This series is his usual precise and detailed look at A New Consciousness in the recovery from addiction. You don’t want to miss this instructional road map to Emotional Sobriety and Spiritual Maturity.”

Jerry McDonald

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Producer “The Awareness Hour”
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“Herb Kaighan is truly a master facilitator. His personal mission is to guide those seeking change, a transformational Spiritual connection, through the Twelve Steps. He presents thought-provoking material in a concise and understandable manner. He’s the Best!”

Ed Storti, BA, CAA DAC II

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Interventionist (and friend)
Palos Verdes, CA

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“Herb Kaighan’s weekly workshop is a marvelous experience. I completed the thirteen month workshop. I have suggested it to many colleagues. Those who have done it also rave about it just as I do. I will continue to suggest his life-changing workshops.”

Lee Fitzgerald, CADC, BRI

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