

## CONSCIOUS PATH

### *Fear or Freedom*

By John DeMartini  
Pathways #39, page 14



### Talking Points

- ❖ DeMartini explains that “there are seven areas of life we are here to master: spiritual, mental, vocational, financial, familial, social and physical.” (14)
- ❖ These seven areas of life can be associated with 7 basic fears – breaking perceived ethics, not knowing enough, fear of failure, fear of poverty, fear of losing loved ones, fear of social rejection and fear of ill health, disease or death.
- ❖ DeMartini admits that we will all experience these fears in life, and the way to live in freedom from being controlled by fear is to see fear as a sign of growth and challenging yourself beyond your comfort zone. He advises – “identify the fear, bring it to completion and balance, and then walk through it.” (14)

### Resources

If you need some help identifying your values, download John DeMartini’s [Value Determination Process](#)  
Dr. Martini’s [website](#)  
Interviews with Dr. Martini [on YouTube](#) including lectures, interviews and more