

# A MESSAGE OF HOPE

IT'S TIME – AND IT'S OKAY –  
FOR YOU TO CONFRONT YOUR FEARS

Internationally Best-Selling Author  
World Renowned Motivational Speaker  
**Dr. John Demartini**

I overcame significant troubles from my youth to become successful, and you can, too! I had a troubled youth ruled by fear. Failing my high school classes, becoming dependent on drugs, running into trouble with the law all kept me in a constant state of dread, convinced I would be caught, arrested, lose my home and family support. Because of these fears, I was unable to move past my troubles and move forward with my life. I was petrified in the face of my fears coming true. By pursuing what I felt I wanted (instant gratification and entitlement) two things that pervade all generations of youth, I falsely assumed the objects of my pursuit were important. They weren't. It took time, and a desire to overcome challenging events, for me to understand my lesson.

My downward path turned around due in large part to an inspirational influence who entered my life at my darkest moment. At 17-years-old, I was introduced to a man who inspired me by telling me that I could be a success in life. At the time, I was a high school dropout and didn't even know how to read. Ironically, my troubled actions were actually causing my fears, and those fears kept me from behaving in a way that could better my life. This man gave me the courage to face my fears, catalogue them, and move past them. Today, I travel the world as an inspirational speaker, author, educator, and business consultant. I've written 40 books and produced more than 60 CDs and DVDs on growth in relationships, wealth, education and business. In 1982, I founded the Demartini Institute, a private research, education and service institute with a mission to explore/expand human awareness and potential. We are dedicated to inspire

people across the world to become purposeful and disciplined masters of themselves, and dedicated, inspired leaders of others.

In my seminars, one of the most popular workshops, "Fear or Freedom?" is where I give audiences steps to achieve success by facing, embracing, and ultimately turning fears into assets. Seven common fears and guilt fragment our potential in life. The difference between those who succeed in life and those who don't is the ability to identify fears and guided strategy to break through them. These seven fears must be addressed to achieve success.

## FEAR OR FREEDOM

### 7 STEPS TO OVERCOME FEAR AND GUILT

- #1. A spiritual fear of breaking a perceived "authority's" ethics, and losing virtue, or gaining a vice.
- #2. Mental fear of not being perceived intelligent or educated can keep you from pursuing what you love. No matter how much you know, there is always the unknown. Loving yourself even when you don't know something, liberates you to learn.
- #3. Overcoming fear of failure is realizing you are both a success and a failure throughout your life. Babe Ruth not only had the most home runs, but he also had the most strikeouts.
- #4 and #5. Fear of poverty. Fear of losing loved ones. The first is obvious, the second runs deeper. What continues to strengthen my own marriage is that my wife and I don't so much need each other, as we simply love each other. There is a big difference.
- #6. Fear of social rejection. People come and go in



our lives, but we all must answer to ourselves.  
#7. Fear of ill-health, death, or disease frequently translates into fear of living, which ironically can be what makes you sick and keeps you in poor health.

Help dissolve a fear by writing it down. Ask yourself what the benefits and drawbacks are to this fear. Refer to the past where you experienced this fear. How did the experience assist you to move forward with it? I like to quote a man who experienced failure as much as success, Thomas Edison: "Many of life's failures are people who didn't realize how close they were to success when they gave up." ■

**Dr. John Demartini will be in Los Angeles for two special presentations:**  
**The Public Talk**  
**"Activate Your Multi-Millionaire Blueprint"**  
**January 16, 2016**  
**The Seminar**  
**"The Breakthrough Experience"**  
**January 16 and 17, 2016**  
visit [www.drdemartini.com](http://www.drdemartini.com)

### L.A.'s New Contemporary Art and Culture Destination Broad Museum

The Broad Museum had a fun and fab TWO opening night parties. Former President Bill Clinton topped a guest list with collectors, artists, and friends of Eli and Edye Broad. Tim Allen, Reese Witherspoon, Gwyneth Paltrow, Larry King, Matthew Perry, LeVar Burton, Fran Drescher, Michael York, Heidi Klum and others toured the museum. Clinton greeted guests marveling works by Andy Warhol, Cy Twombly, Jeff Koons, Ed Ruscha and other art legends.

- 1) Eli Broad & President Bill Clinton
- 2) Reese Witherspoon
- 3) Gwyneth Paltrow
- 4) Heidi Klum & Vito Schnabel

