

The Eight Steps for Breaking Through the Fear Barrier

By John C. Davis
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"It was amazing! The breast cancer was gone!!" ~ Bev, Niagara on the Lake, Canada

"Working with John in a Lifecoaching capacity has been a very pivotal point in my life". ~LKC

"You changed my life."~Brenda Morgan, Ohio

"For the first time I had absolutely no pain" ~Anup Pandey, Austin, Texas

Hi - my name is John Davis, and since 1997 I have been helping people who suffer from ailments, depression, self doubt, financial and career issues, even relationship difficulties, break through their subconscious barriers and enjoy lives free of these debilitating dis-eases. Have you ever suffered from any of these pains? I did. I struggled with being an overweight child, with a deaf ear and spina bifida occulta. I had very low self esteem and financially struggled for most of my adult life. In 1997 I began having a series of spiritual experiences that began to show me my own power to create the life of my desires.

Once I found this knowledge, I made it my mission to empower people to set and reach their greatest potential. I since have married the most loving woman I have ever met. My health continually gets better and better (at the time of this writing I have lost 66 lbs.). I hear perfectly out of my formerly deaf ear and have not had a back issue in more than a decade. After my great successes, I began showing others how to create the lives they always wanted, and you can read some of their testimonials [here](#). You will see in their own words that they each had life changing experiences. I was so blessed to witness each one of these people step into their personal power and create change.

If your world has not been the experience you wish it to be, then it's time to shift into a new world. The old ways no longer serve and a new approach is needed to step into a different life. The hard part in changing your experience is that sometimes our lives can feel like we're sitting in the eye of a hurricane. From inside you cannot see the calm waters and sunny day outside the swirling torrent. It can greatly help your chances of succeeding if outside of that storm someone can

guide you through. That is what I do. I help guide you through the storm that surrounds you and on to the calm and beautiful life outside the old reality.

What is fear? Fear is a feeling. Fear is a negative response. Fear is the most detrimental blockage to creating the life of your desires. Fear is the parent of self-doubt. Where does fear live? Not in the present. I say this because the root origin of fear is in either an impending event or a result of something that has happened in the past. In the present moment it is just a feeling that creates emotions. As creators of our experience, who gets to choose? Would you choose a life filled with love? Fear is also the opposite of love. In fact fear in its simplest form stems for the fear of not having love.

If a life of your choice would be one of joy, prosperity, and/or love, then you must first break through your fear barriers. Below I outline the eight steps for breaking through the fear barriers in your life. Read them. Implement them. See a change in your life.

Step One: Recognize where you are.

Before we can break through your personal fear barriers we need to find out a couple of things. First, where did your fear begin? What is the root cause? For most people their personal fear barriers began in childhood from a conditional love experience. When a condition is set upon love then we develop a fear of not having love. This pervasive fear then sets itself to work on our value and whether or not we are worthy of love. So where are you? Was love conditional in your life?

Whether you had abusive relationships in your life, or whether you had parents with large expectations and a negative reinforcement of sub-par performance, love was conditional. Look closely and realistically at your life. Was there someone in your life that made you feel less than you could be? Recognize it. Don't judge it or become invested in what was. Just recognize it. The fear of failure, the fear of success, the fear of intimacy are all products of the fear of not being loved, and all can stop your forward momentum.

Step Two: Make a Conscious Decision

Now that you know where the root of your fear is based, decide whether today is the day for change. In reality nothing can be done yesterday or tomorrow. Today is the only day you are conscious. The events of tomorrow will happen in your present moment. You can't go to the store next Thursday today. Now is the only moment that you can take an action. So ask yourself these two questions:

Are you ready?

Is today the day?

If today is not the day, then fear continues to be perpetuated and the next steps will be ineffective. If today is the day then change happens today. Realize, however, that to decide is just a thought and once that decision is made, it gets easier and easier. Obviously if you have opened this report then you are ready for change. I am asking you to take the next step and decide that today you cross the line into a better life.

Step Three: Forgiveness

As we look back at the root origins of our fear we find that there are people and events in our lives that had huge impacts on our life experience. These people may or may not have had malicious intent at the time. I can promise you that each of these people and events was also a product of the fear of not being loved as well. As children we are trained to respect others. We come into this world knowing very little of fear and a lot about happiness and love. What do most adults say about children? One of the top answers is that they are fearless. Fear is a learned and conditioned response.

Where did you learn your fear? For me it came from a father figure who was emotionally and sometimes physically abusive, who also suffered with an alcoholic's personality. The addictive personality is one of self-centered gratification. Children become objects of that self-gratification. "Respect" is the replacement for love. The thing that most of us do not realize is that person who was so instrumental in creating the fear within us, was also a person who was struggling for love in their life. In my case, the alcoholic father is just trying to feel better. What was he trying to feel better from?

The answer is fear. Those who gave conditional love in our lives were as afraid as you. They each struggled with the stresses and anxieties of the fear deep within them. Forgive them here and now, today. Today is the day we recognize them and other people who were lost in fear and we forgive them for their trespasses upon our happiness. They are no longer an influence in our creation. They are, instead, just as human as you or I, and we forgive them for hurting us in any way.

Step Four: Choosing Direction

If you were free of your fear what would your life look like? Take a moment and allow yourself to dream and breathe. Imagine your life free of stress and anxiety. What is the life you would be living? Would your relationships be better? Would you have new relationships in your life? Would your career be successful? Would you be financially secure? Would life be free to explore? Picture it in your mind. Stop reading now and do this. Don't worry about time. Just live your new life now and see what is created. It doesn't have to be a visual experience - it might only be a feeling experience. What would your fear-free life be?

You will notice I did not say plan out your life from this moment on. I asked you to allow yourself to experience your life without fear. Did you notice that when you did this you relaxed? Did you notice that you breathed deeper? Did you notice that in that very moment of choosing to experience it, you physically felt the sensation of a fear free life? Who chose? Who was it that allowed you to do that? You consciously shifted from fear to relaxation. YOU did that. Look how powerful you are! Great job! What you have been really wanting in life is the feeling of fearlessness. In this moment you experienced it. Now stay focused on what you are creating and realize as the person who chooses that you can choose anything.

Step Five: Holding your Focus

As the creator of your experience, it would be silly to create anything negative. It's kind of laughable if you really think about it. Imagine sitting around one day in full awareness that you are the creator of your life and deciding, "I am going to have a crappy day." Who would choose that? None of us would. We must give ourselves permission to also be human and fallible. Sometimes we find ourselves slipping back into negative fearful thinking. When that happens the natural fear reaction is to say something like, "I'm so stupid." or, "That was dumb." But this

negative response only compounds the negative with a negative and perpetuates the fear. When something happens from your past “mental muscle memory,” just dismiss it as silly and move back to your present moment of fearlessness. This is a process that has worked for centuries in another spiritual practice.

Do you meditate? Did you know that much of the world does not think they can? The reason for this is a very simple one. Imagine someone just starting to meditate. They first quiet their minds. After a short time something invades the quiet: “Did you pay the bills?” The new thought snaps in and they recognize it and push it aside and go back to being quiet. Then another thought attacks: “Did you turn the stove off?” After the third thought interruption, many quit trying, thinking that they are unable to meditate. The people who become good meditators are the ones who continue to push the thoughts aside until the quiet times last longer.

The same method applies to breaking through your fear barrier. Keep pushing the negative creations aside until the relaxed loving times last longer - eventually you have trained your mind to stay in the relaxed state and the fear state stops coming. The great part about this is that we as humans come equipped with the tool to recognize fear easily. When you are in a negative state (mad, sad, frustrated, anxious) you are in the fear state. When you are in the positive state (happy, relaxed, joyful, loving) you are in the state of your true desires. Think of your emotions as data. The data you are receiving is what you act upon. As you continually push the fearful state aside then the loving state fills the vacuum.

Step Six: Recognition

As you continue to release the fearful state, events will begin to happen in your life that are more joyful.. The best gift you can give to yourself is getting out of the way. Your intention is to create a more relaxed life filled with happiness and contentment. As you push fear aside and it is replaced, people and events will come to your life that might seem unexpected but are perfectly aligned with your new creation. The one thing you don't want to do is get lost in “how” things are going to occur. Just know that they come to your experience because you have dropped the fear from your life. Give yourself permission to release control of “how.” Wait to see “how” it happened until after you possess it. As things come into your life give them recognition as a part of the new creation. Positively

reinforce creating a new experience. This brings even more into your experience. Stay aware of the joyful life you are creating and celebrate it as it appears.

Step Seven: Acceptance/ Gratitude

Now that you have recognized the motion of positivity in your life, accept it freely as your new experience. That may seem redundant - recognition and acceptance. To recognize something is not necessarily to embrace it as a new experience. Acceptance is a life altering experience. The new direction now becomes your new life. This awareness quickly becomes the norm and your subconscious mind then takes over creating on autopilot. Life becomes easier. Fear is no longer forefront in your mind. What you find at this stage is that life continues to move forward only now it unfolds in joyful ways.

Be grateful for the changes occurring in your life. This feeling of gratitude amplifies the result. Gratitude is by far one of the strongest vibrations we can transmit. When you gratefully recognize and accept the result of your fearless thinking, you magnetize it and the Law of Attraction kicks in and brings to you more reasons to be grateful.

Step Eight: Awareness

Now that you have come to this new existence, stay aware of your feelings. If something feels negative, label it as a fear and set it aside. Remain in the predominately positive state, telling the universe that you “want more of this please.” You have all the power you will ever need in the palm of your hands and it is not daunting - it is quite simple provided you choose to believe it is.

Read on for an opportunity to break through!

Because you signed up and received this report on the eight steps, I am offering you a **discount of \$100** on the special ***Breaking the Fear Barrier*** weekend, October 14-16 in beautiful Rehoboth Beach, DE. I **only** allow **ten people** into the event so that we can have the greatest effect and more one-on-one time. If you sign up before June 30th you will also receive the early bird discount, making your total savings **\$200!** If you register to bring a friend or partner and share your accommodations before June 30th, you will get a **\$500 Discount** (the best deal). All discounts will be in the form of refunds within 24 hours of payment through PayPal. Be sure to include the words “Eight Steps” in your message in Paypal and we will apply the refund.

Get away from the environments that trigger your fears on this exclusive break-through weekend at the beautiful Boardwalk Plaza Hotel in Rehoboth Beach, Delaware.

October 14-16, 2011

Deadline for registration: August 31



****Early Bird Discount***

Order before June 30 and receive a \$100 refund (within 24 hours)

Are you where you want to be? Is self doubt or self worth holding you back? What fears are blocking you from achieving the life of your desires? Here is an opportunity to **break through**

those fears and start motion towards the life you are wanting. John Davis (John of Peniel) has been helping people break through the fear barrier for over a decade. See his testimonials [here](#). To date he has witnessed hundreds of people heal their relationships, health, financial situations and more.

John is the subject of the book: *John of Old John of New: The Awakening of an Apostle* by Sharon Prince. The Book is endorsed by Hay House author **Nick Bunick**. John is also the author of *Signs Along the Path: A Guide to an Inspired Life* with co-author Holly Matson. John has been traveling, teaching and healing since 1999.

This *Breaking the Fear Barrier* opportunity is open to only ten people. We are keeping the number small so each person will have ample instructor time affecting the most change. You will stay three days and two nights in **high class accommodations** (the only four diamond hotel on the ocean in Delaware) in the autumn (beautiful weather and no crowds) and have **intensive sessions with John of Peniel** as he helps you "break through the fear barrier" to **create momentum** in your creation process.

There will be:

- 3 days and 2 nights lodging
- 2 breakfasts (breakfast includes your choice of an entree and two nonalcoholic beverages)
- 2 dinners: one at the hotel (dinner includes an appetizer, entree, dessert and one nonalcoholic beverage, foodservice gratuity also included) and one at The Big Fish Grill.
- Daily meditation
- A John of Peniel speech entitled, "Breaking the Fear Barrier" with live music provided by John's brother and his niece.
- Intensive classes that connect you directly to your fears and allow you to break through to a new life.
- Recordings of all the sessions emailed to you after the weekend.
- An "I Broke Through the Fear Barrier" tote bag with Rehoboth Beach and John of Peniel goodies.
- A copy of John's new Cd "Breaking the Fear Barrier"
- A tour of the site where Sharon Prince first channeled Jeshua for John revealing his past life.
- Lots of fun and laughter in a beautiful ocean side town.

Cost is only \$1500 per person, \$2800 per couple (double occupancy).

Click [here](#) to purchase.

Download a [flyer here](#) to share with friends.