



**ROAR** AWAKENING THE LION WITHIN™

## ROAR Community Newsletter

*News and views by ROAR*

**December 2008**

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*"Don't ask yourself  
what the world needs,  
ask yourself what  
makes you come alive.  
And then go and do that.  
Because what the  
world needs is  
people who have  
come alive."*

- Howard Thurman, author,  
philosopher, theologian,  
educator and civil rights leader

## Financial crises vs. following your passion

*By Joe Sturniolo*

One of the biggest obstacles to finding and following your passion is money. Unless you feel at ease about your money issues, it is almost impossible to get up the energy and motivation to follow that inner lion within. Our financial health can be as devastating to our psyche as is an illness or injury...maybe more. I have counseled couples and individuals for over 27 years and I have yet to meet the person who can get above their finances and have peace with it. No matter how you try, it nags at your inner self.

Our current economy has everyone scared and devastated. No matter how secure you feel in this environment, you can't help but think maybe something is going to impact you in the future if it has already not.

The best advice I can give you is to sit down and reassess your finances. Do this with a professional financial planner, if you can, because he or she has probably seen almost any scenario that you might present to them. Your objective should be to take a realistic view of your current finances

and to plan for the future with your best guess of job situation and savings and expenses. Trust me when I say, no matter the outcome, you will feel much better knowing the truth. Fear stands for False Evidence Appearing Real. Knowing the facts takes the fear out of your life and brings a certain peace to it.

Now you can move forward. Now you can find the only real happiness in life, which is something that cannot be bought. Now you can share with others your unique talents and traits to improve lives. Now you have a chance to ROAR.

Continue to [read our blogs](#) to stay motivated.

## **Book Review: *The Blessing*, by Gary Smalley and John Trent**

*by Joe Sturniolo*

This was a book written over twenty years ago and remains relevant. All of us long to be accepted by others. While we may say out loud, "I don't care what others think about me," on the inside we all yearn for intimacy and affection. I believe one of the principle reasons why so many do not fulfill their destiny is because they do not feel that they are worthy of anything significant in their lives.

The longing for intimacy is based on a yearning for a true relationship with our parents that never happened. Gaining or missing parental approval has a tremendous affect on us. The lack of approval can affect our present and future relationships and our ability to feel good about ourselves.

Family counselors Gary Smalley and John Trent show us how we can transform our lives - even when it is no longer possible to receive our parents' blessing. They reveal the five key elements of the blessing, describe the most common home situations where a blessing has been denied (one of them may be ours), and offer practical, effective methods to heal broken hearts and families. Most important, they explain how we can be a blessing, and pass on that life-changing gift to our loved ones. *The Blessing* is about being happy ourselves and making the people around us happy.

## Movie recommendation: *Last Chance Harvey*

By Dan Christopherson

On it's surface, *Last Chance Harvey*, starring Dustin Hoffman and Emma Thompson, is simply a love story - boomer style.

Romance and reconciliation rule this movie, due for release soon.

But for me as a ROAR disciple, there's a different kind of love - the unrequited kind. For Harvey Shines, a Manhattan-based commercial jingle writer whose real calling - and demonstrated talent - is in the field of jazz composition - jazz is a love that doesn't love him back.

Harvey has what it takes, but only actively pursues his life's purpose late in life. In the process, he combats ageism and the notion that most older people have no place in the Creative field.

Consigned by gatekeepers to the musical scrapheap due to his age, yet presumably on the brink of a breakthrough for a "dream that never panned out," Harvey makes a trip to London for his daughter's wedding which is where the reconciliation (with his daughter) unfolds, as does the romance with Emma Thompson's Kate, thanks to a chance encounter at Heathrow.

As for pursuing his calling, we are left wondering - but optimistic. Will he retreat into a new "ordinary life" with Kate, settling for a dream and purpose unfulfilled? I doubt there will be a sequel, but it would be nice to know if the "lion within" Harvey ever becomes a "ROAR-ing" success.

For a review from the American Film Institute, visit: [www.cinematical.com/2008/11/12/afi-review-last-chance-harvey/](http://www.cinematical.com/2008/11/12/afi-review-last-chance-harvey/)

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