



ROAR[®] AWAKENING THE LION WITHIN™

ROAR Community Newsletter

News and views by ROAR

April 2, 2009

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"I believe the very purpose of our life is to seek happiness. That is clear. Whether one believes in religion or not, whether one believes in this religion or that religion, we are all seeking something better in life. So I think the very motion of our life is towards happiness."

- the Dalai Lama

Looking for your passion in life

by Joe Sturniolo

I often wonder why so few people follow their passions in life. I know that so many are convinced (sometimes coerced) by parents and teachers to follow the traditional approaches to life and career when young instead of their passions, but what keeps people from following their true callings when they get older?

Maybe it has something to do with the difference between emotional happiness and gratification. We could call following your true passion as being both the pursuit and essence of authentic happiness. Some would call it being in the zone. Others might call it a high. Whatever the name,

it is not about emotions.

Following your passion is about gratification. I believe that most think it is like the first stages of a marriage or a honeymoon. Those are emotional highs with very little context. A passion can be researched and studied and then chosen. Emotions are thrust upon us, not discovered and chosen. "Finding the Lion" is about finding what your unique gift is.

The discovery process takes work.

Yesterday I watched Tiger Woods win yet another golf tournament with the last putt of the tournament. Tiger was off for 8 months recovering from knee surgery. Was he rusty? Slightly. The announcers on television showed us his daily schedule when not playing in a tournament. He started at 7:30 with weight training for an hour and a half and then breakfast and then 8 hours, starting with putting and ending with putting. He works very hard to be good or, more specifically, better than anyone in the world today. When he plays, my wife will tell me, he looks like he is in a zone, not seeing anyone or anything except what his next shot is.

Does Tiger love what he is doing? No question! Is this his gift? Undeniably! Is it an emotional high when he is playing? Nope. In fact, it is the absence of emotion, of any kind of consciousness that is at the heart of the flow. "Consciousness and emotion are there to correct your trajectory; when what you are doing is seamlessly perfect, you don't need them," is what Dr. Martin E. P. Seligman says in his book Authentic Happiness.

Dr. Seligman says the psychological components of authentic happiness are notably similar. Here are the components:

- The task is challenging and requires skill
- We concentrate
- There are clear goals
- We get immediate feedback
- We have deep, effortless involvements
- There is a sense of control
- Our sense of self vanishes
- Time stops

My point in telling you this, is to encourage you to get started on "finding the lion within" and do the work that is necessary to find your unique

gift. More on this in later newsletters.

[read more about ROAR on the blog](#)

Recommended reading:

Pastor and pro football player team up on second careers

By Dan Christopherson

NFL veteran Jason Elam and Denver pastor Steve Yohn are teaming up on a new and as yet untitled book, the third in a series of Christian fictional thrillers.



Co-authors pastor Steve Yohn, left, and NFL placekicker Jason Elam.

The unlikely pairing of place-kicker and pastor shows that your true calling can dovetail with a higher calling, and that the knowledge gained from your first career can form the foundation for a successful second one.

The co-authors' first book, *Monday Night Jihad*, established the world of pro football linebacker Riley Covington and his team-mates in countering terrorism. Riley leads a successful effort to avert a stadium attack. In the second book, *Blown Coverage*, Riley and his partners in heroics combat the awakening of terrorist sleeper cells coordinating attacks throughout the country, and plotting attacks on Riley and those close to him.



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Joe Sturniolo's
book,
[The Caterpillar
That Roared](#)
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online through
Amazon.com or
other book sellers.

Yohn, has been involved in consulting with ROAR on a fictional book, the successor to *The Caterpillar that Roared*, with its message about the moral imperative of following your calling.

He remains involved in Christian ministry but has stepped away from the fulltime duties of his pastoral role. He enjoys writing books that combine entertaining reading with thoughts and reflections on faith. He dedicated *Blown Coverage*, to his father (also a pastor), "who instilled in me the joy of writing."

As for Elam, formerly with the Denver Broncos and now with the Atlanta Falcons, he dedicates the book to Jesus.

Both books have received critical acclaim. Publishers Weekly calls it "a pure shot of Christian fiction testosterone" and notes that, "The novel mixes inside looks into pro football, the faith decisions of terrorists and an irresistible passion between hero and heroine."

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