



ROAR AWAKENING THE LION WITHIN™

ROAR Community Newsletter

News and views by ROAR

November 2008

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How can we help you ROAR?

[Click here to take a short survey.](#)

Your answers are completely anonymous.

The Lion Within.

By Joe Sturniolo

People who are the happiest seem to have mastered the art of living from the inside out. They have nurtured their Lion within (by being authentic) and unleashed their lion (by moving outside their circle of comfort) to freely pursue their dreams, passions and purpose. They have figured out what they are drawn to do, envisioned what they intend to accomplish, and have begun to live the life of their dreams ... The secret is that a happy life begins with a dream ... a dream from within ... a dream that incorporates what you were meant to do and what you desire.

Finding your purpose and passion will allow you to find a sense of inner peace. Like taking a deep breath and releasing it, inner peace begins when you let the lion out of the cage. Everyone's cage is different. For some it is a job they dislike. For others it is doing something that is contradictory to their desire and talents. Your cage might be a preoccupation with just staying busy in order to feel important or needed. Maybe it is living in the shadow of someone else's life, or feeling obligated to something that keeps you from pursuing your own passions. Whatever your cage, freeing your lion and awakening your deeply imbedded desires will bring a new reality and purpose to your life.

Three questions to ask yourself:

1. Do you love what you are doing so much that time flies and you feel exceptionally alive?
2. Are you presently expressing what you intuitively know are your most positive traits?
3. Are you serving a human need ... and somehow making the world a better place?

Examples of behaviors that keep the lion in its cage:

1. Putting roadblocks in the way of getting the love you want.
2. Seeing your self primarily as a victim to whom bad things always happen.
3. Feeling lonely, disconnected or cheated out of something in life.
4. Attaching yourself to others who will take care of you.
5. Finding yourself overscheduled, overworked and near exhaustion.
6. Avoiding risks that are necessary for you to actualize yourself and free the lion within.

How do we open the cage and awaken the lion within us?

1. **Awareness** - become open to our past and present life. Most of us need to examine our early beginnings and present to see if there is anger, hurt, or mistaken beliefs.
2. Self-directed - **being a leader**, not the other way around.
3. See the world through a **child's eyes** - let the Lion within be your inner child. It needs attention. It needs to be pampered and listened to with the same amount of time that a parent would give to a child. It is essential to spend time in solitude with your lion. The lion is small and helpless at first when you awaken it and needs nurturing. Encourage the intimacy.

Find a pencil and a sheet of paper.

Let's try something that will help you nurture the Lion within you, recover your playful creative spirit and excavate your buried dreams and delights. Please answer these questions as quickly as possible without thinking about them for more than a second. Your speed will eliminate the censors to your creativity:

1. List 2 hobbies that sound fun.
2. List 2 classes that sound fun.
3. List 2 things you personally would never do that sound fun.

4. List 2 skills that would be fun to have.
5. List 2 things you used to enjoy doing.
6. List 2 silly things you would like to try once.

Now think about what you discovered about yourself. This is just one step towards revealing passions that you forgot you had.

(More on this next month)

Amazon.com 2 for 1 book promotion for Christians.

Throughout November, Amazon.com is offering a "buy together" discount when customers order Rick Warren's best-selling *The Purpose Driven Life: What on Earth Am I Here For?* together with *The Caterpillar that Roared*, written by ROAR's Joe Sturniolo and Dan Christopherson.

The two books complement each other well. Warren's book is about giving of oneself purposefully to a Christian God but does not assist YOU in helping you define your calling. The Caterpillar takes as its starting point the Christian's duty to utilize God-given talents and gifts to serve others, but then proceeds to help you discover or rediscover your slumbering "lion within" and stir it to joyful, passionate, purposeful action.

Warren's book is constructed as a 40-day, 40-chapter program in which the reader reads a chapter daily and makes notes as to how each chapter is relevant to him or her. The Caterpillar is a 13-chapter parable, and the conclusion of each chapter contains a "lesson learned," each lesson being one of the 13 essential lessons in moving from an ordinary life to one that fully engages what God intends for us.

Author Rick Warren is pastor of Saddleback Church in Lake Forest, California, one of the nation's largest congregations.

Again, **the offer ends November 30**. Order both books now for yourself - or as a Christmas gift - and save. Both are gifts that will go on giving at www.amazon.com.

ROAR links

The Gratitude Principal

By Joe Sturniolo

ROAR Website:

ROARawakening.com

As Thanksgiving approaches, once again I have so much to

be thankful for.

I want to share a thought with you. It is called the *Gratitude Principal*. A good friend gave me a rock to carry in my pocket to remind me to be grateful for everything in my life - even the bad things. I believe all experiences in our lives, good and bad, are meant to teach us.

When I am grateful, the Lion within me is unleashed. When I bemoan troubles or become depressed, I not only burden myself and those who are close to me, but those who I have been called to serve and help.

For me, gratitude is like fuel in my tank - it energizes my life. It forces me to think outside myself and keeps my focus "up and out" rather than "down and out." I thank the good Lord everyday for the life he has challenged me to pursue. I am excited when I wake up every morning because I have so much that is worthy of my attention.

Gratitude begins when you see yourself as worthwhile and loved. When you wake up tomorrow, say a little prayer that God will give you all that you want and need; that He will enlarge all that you do and say. We don't have much time on this world to make a difference. No time to be fearful or unhappy. Just enough time to impact the lives of those we are meant to touch!

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Instead of fruitcake for Christmas giving, how about giving your friends or family some food for thought, as well as the inspiration to move their lives in a more fun and fulfilling directions? Give them Joe Sturniolo's new book, [The Caterpillar That Roared](#), available online through Amazon.com or other book sellers.

Worldwide exposure to Christians: Lutheran Radio to interview ROAR founder on December 2.

Listen to Joe Sturniolo when he appears live on KFUE-AM in St. Louis on Tuesday, December 2, at 8:45 a.m. Central Standard Time. KFUE is the non-profit radio station of the national office of the Lutheran Church - Missouri Synod is directed at serving a worldwide audience of Christians via streaming. It can be listened to via live streaming at www.kfuo.org.

Christian Work at Home Moms (CWAHM) hosts Joe.

ROAR's Joe Sturniolo was recently interviewed (October 27) on the national radio blog of Christian Work at Home Moms. In the 20-minute interview, Joe provides background on Joe's new book, *The Caterpillar that Roared*, and his reasons for founding ROAR. To hear the interview, go to the podcast archives of www.CWAHM.com.

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