



ROAR AWAKENING THE LION WITHIN™

ROAR Community Newsletter

News and views by ROAR

September 2008

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*"This above all:
to thine own self be true,
And it must follow, as the
night the day,
Thou canst not then be
false to any man."*

- Shakespeare's Hamlet

Be True to Yourself

By Joe Sturniolo

Mark Gungor is a perfect example of someone who has awakened the lion within. Mark is a pastor and speaker. He started his career by working behind the scenes setting up audiovisual equipment for churches. He was good at it, but found it a bit boring. When he began to explore other career options, he was cautioned to stay with the audiovisual work he was so knowledgeable about. However, he knew that he was a dynamic speaker and he knew he liked helping people work on their marriage and relationships. So he decided to take the risk and try giving marriage seminars. He was passionate about his new job. Today Mark does over 200 workshops a year with over 600 people at each workshop. He is an unbelievable speaker, and if you are interested, look at his web page: www.laughyourway.com.

This example points out that you have to be true to yourself. The first destination in a transformational journey is to come to know yourself well without any prejudice. It is not as easy as it sounds. We go through life listening to others tell us what we do well or who we are. Our talents are judged according to how successful we are with a job or venture. Think about it: is that *who we really are*?

Maybe. But, as I've seen time and time again, the talents that have

provided us with success in our career are not always the same talents that arouse our innate passions. It takes time and study and reflection to discover an authentic calling. Don't speed up the process, allow your discovery to simmer and age. With patience you will discover the perfect direction for your journey.

Read what others have to say on the topic of "Be True to Yourself" on the [ROAR blog](#).

Extending Your Life

In the last newsletter and in our online class last Wednesday, we discussed how to extend your life.

Yes, that sounds a bit bizarre, but with a little effort you can actually live 10 to 20 years longer, and those extra years will be filled with energy, joy and passion. How do you live longer? Well, we won't go into it in detail here! Attend the next [webinar](#) and we will introduce you to the concept of living a longer life. This is not hype. The methods Joe Sturniolo will talk about have been documented and researched over the past 60 years.

Online class helps participants begin a transformational journey

Last Wednesday Joe Sturniolo conducted a webinar, *Finding the Lion Within: Rediscovering Your Passion*. During this first-of-a-series of 8 ROAR online classes Joe discussed what it takes to follow a courageous journey of the heart and described what Joseph Campbell calls the "Hero's Journey." Joe asked, "What makes our heroes so special? What makes them our 'north stars'?"

If you are ready to rediscover your passion and live a longer life that impacts others in a unique way, we highly encourage you to sign up for the next online class on September 23rd. Since this is a repeat of the first session, **you can still participate in the beginning of the series.** Go to the [ROAR website](#) and pay a modest fee to attend.



ROAR links

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ROARawakening.com

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Getting KOSI with the media

By Joe Sturniolo

I had the opportunity to appear as a guest recently on one of Denver's leading stations, KOSI. I was interviewed on the a.m. drive program, "The Murphy and Denise Morning Show," to talk about ROAR and, more specifically, address the concerns of people who want to rewrite their script for retirement or other major life transition.

This is one of more than 30 radio interviews I have made to talk about ROAR and my new book, [The Caterpillar that Roared](#).

We have found radio stations quite willing to book me to discuss this topic, with a number of the producers and even the hosts confiding in me that they, too, want to send their life-scripts to the rewrite department, proving the ROAR message is of universal interest.

To listen to the KOSI interview, go to the [ROAR website](#) news and press page.

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