




NAVIGATING
CHANGE
WITH SUCCULENCE
dear morsel of Absolute Goodness,
an illuminated and
empowered New Year to us All!



NAVIGATING CHANGE succulently
MEANS practicing Flexibility, willingness
and FOCUS no matter what is going on
in the world, and THEN sharing that energy
with others. As our succulent energy
is shared, the world changes. We are
All Being called to be our most succulent
and creative selves.

I have your succulent and creative moves Here

THE PHOTOGRAPH ABOVE IS THE VIEW FROM
MY WRITING STUDIO, WHERE I AM CURRENTLY
CREATING 5 NEW BOOKS: A MEMOIR, 2
NON-FICTION and 2 CHILDREN'S BOOKS.

I've learned THAT THROUGH USING MY
MICROMOVEMENT METHOD, I CAN ALLOW MANY
MORE VISIONS TO BE CREATED THROUGH ME.

YOU CAN TOO! I'm no longer using procrastination,
perfectionism or avoidance to STOP ME.

HERE'S WHAT ELSE I'M DOING IN 2009
TO SUPPORT TRANSFORMATION AND CHANGE:

♥ LAUNCHING MY NEW COUCHING SERVICE
IN FEBRUARY! INDIVIDUAL CONSULTATIONS
WITH ME BY PHONE. GO HERE TO READ MORE
AND REST OF INFORMATION WILL BE IN FEB e LETTER

★ offering ^{signed and/or} personalized SARK Books and prints (we'll be asking for what you'd like)
I uncovered a STASH in my studio!
More about this in the February e letter

▽ Teaching and Facilitating Workshops
I'll preview them here, and then you can read more in the following pages

ⓐ Bringing back my feature with a new name "Good Things From SARK"
Back by popular request—in February

WOULD you like to create your new story and writings in 2009?

★ Join me for a very special Juicy Pens, Thirsty Paper interactive workshop in Arizona on (SAT/7) you'll receive mentoring and assistance to allow your writing and stories to become real and visible to sell, share or publish. Go here to register, see below for more information

★ I'll also be offering another Juicy Pens, Thirsty Paper workshop in Mountain View, California on (Fri/20) and (Sat/21) an evening event and day workshop. Go here to register, see below for more details

CALL me at 415-546-3742 on my inspiration line and tell me what's succulent in your life
I LOVE, SUSAN AKA SARK



Listen to A LIVE two part interview with me on EMPOWER Hour radio!

Sun/JAN 25 - 5:00 - 6:00 P.M. PACIFIC time
AND Sun/FEB 1 - 5:00 - 6:00 P.M. PACIFIC time
Go [here](#) to listen

I HOPE to see you At one of these
ecstatic events in 2009.

Juicy Pens, Thirsty PAPER
At the [New Vision SPIRITUAL Growth Center](#) in
SCOTTSDALE, AZ

SATURDAY, FEBRUARY 7, 2009
SPECIAL EMPHASIS ON JOURNALING AND CREATING
WHAT YOU WANT IN THE NEW YEAR.
Go [here](#) to register



Juicy Pens, Thirsty PAPER
At [East West Bookstore](#) in
Mountain View, CA
SATURDAY, FEBRUARY 21, 2009
Go [here](#) to register

Juicy Pens, Thirsty PAPER
At [Carol Parks' Nolto Studios](#) in North Hollywood, CA
SATURDAY AND SUNDAY, MARCH 21-22, 2009
Go [here](#) to register

WHAT Next? WHAT Now? CREATIVITY IN TIMES OF CHANGE
At [STARWAE](#) in SONOMA, CA
SATURDAY AND SUNDAY, APRIL 25-26, 2009
More info COMING soon!

Juicy Pens, Thirsty PAPER
At [Kripalu](#) in Lenox, MA
FRIDAY, MAY 22 - MONDAY, MAY 25, 2009
Go [here](#) to register

SUCCULENT WILD WISDOM
At [Kripalu](#) in Lenox, MA
FRIDAY, OCTOBER 9 - MONDAY, OCTOBER 12, 2009
More info COMING soon!

GLAD For the Grief: NAVIGATING GRIEF AND LOSS WITH JOY
AND GRATITUDE
At [Spirit Path](#) in Unity Village, Mo
THURSDAY, OCTOBER 15 - SATURDAY, OCTOBER 17, 2009
Go [here](#) to register

Visit me!

FACEBOOK

MySPACE

Glorious GuestBOOK

SARK JOURNAL

or CALL My Inspiration Line At
415.546.3742.

I love HEARING FROM Y O U!

