

## SARK's eLetter

● e STANDS FOR ENERGETIC TRANSFORMATION ●

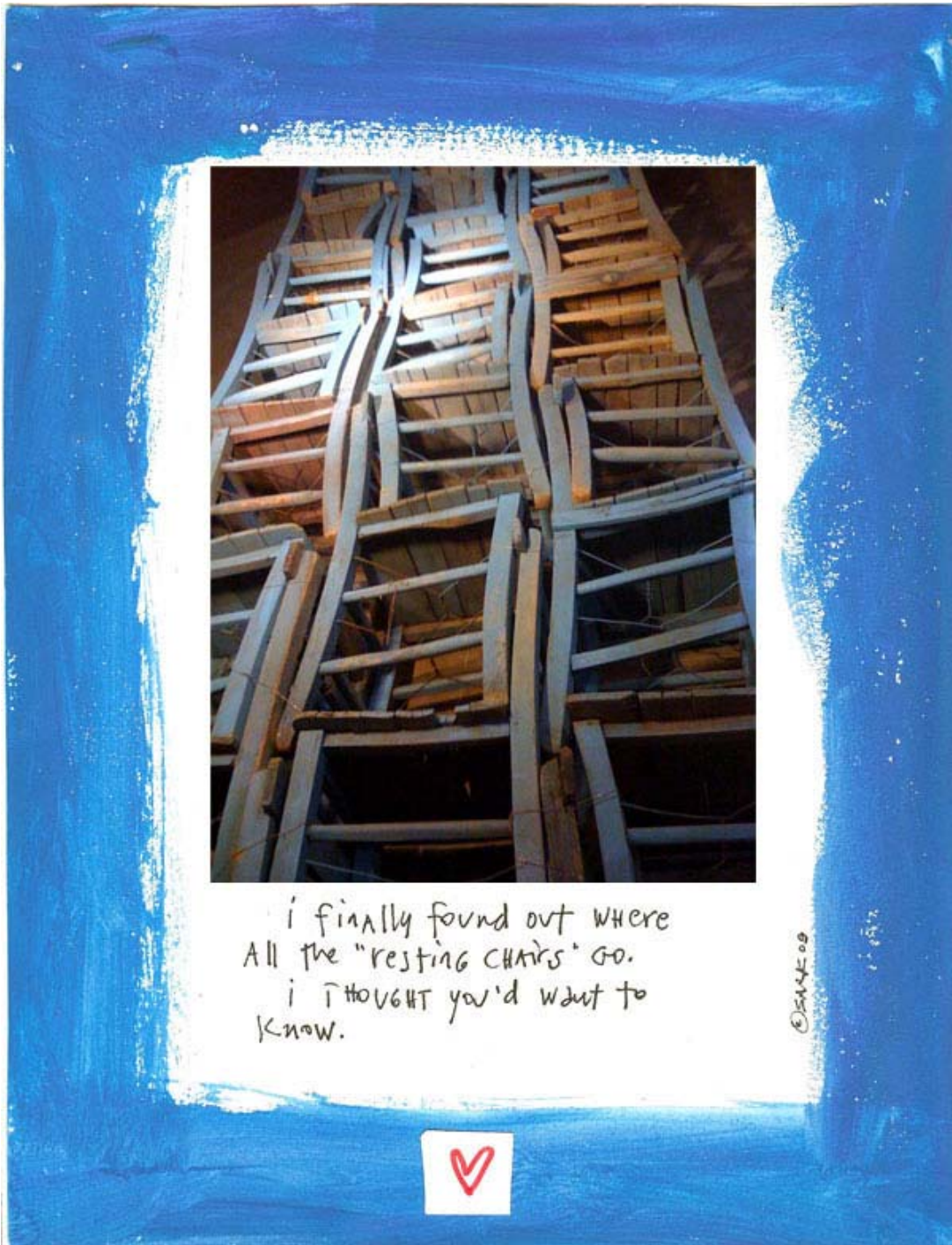
SPLENDID IMPERFECTIONS



SARK'S STORY



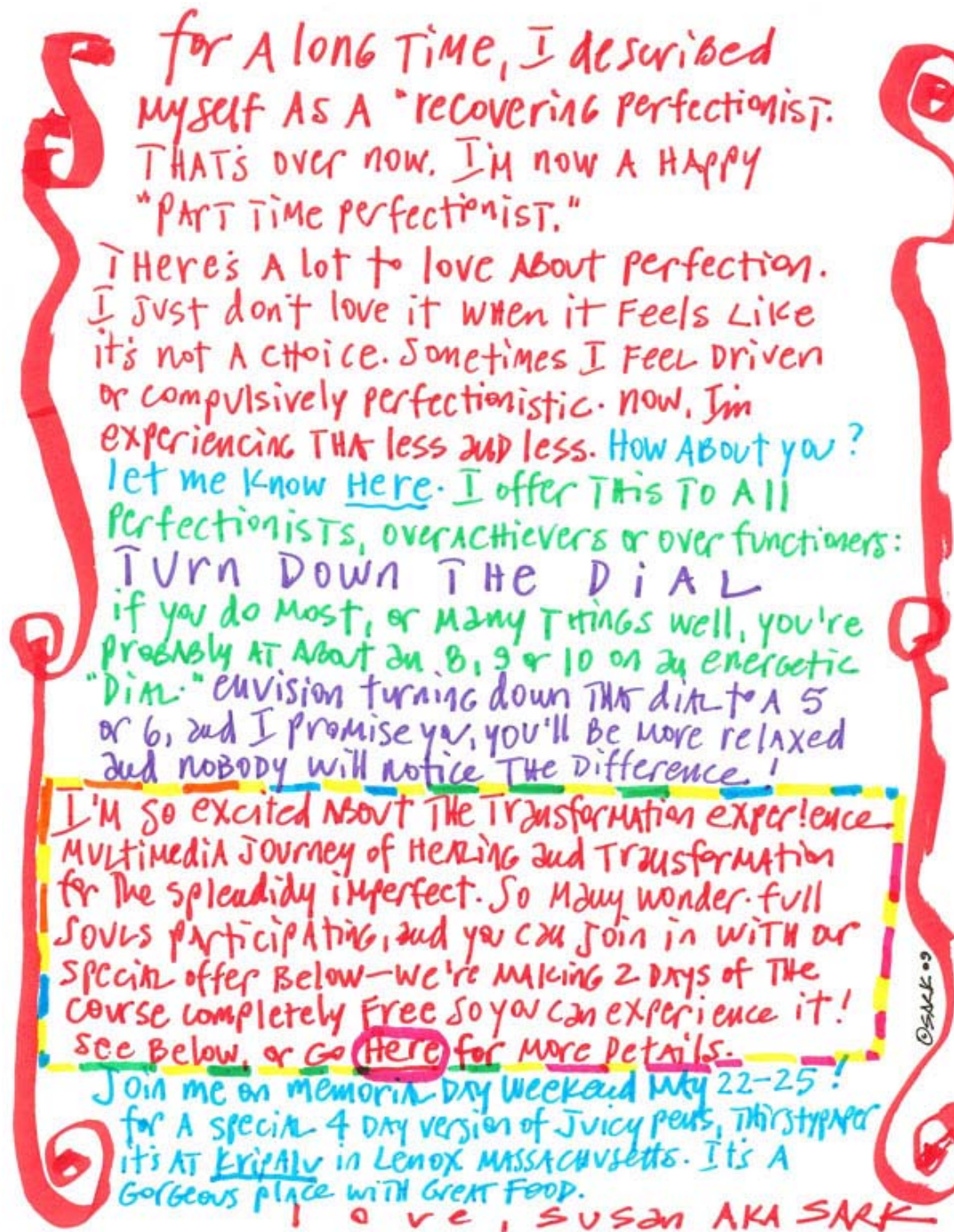
Small text block with a decorative border, possibly a poem or note.



i finally found out where  
All the "resting chairs" go.  
i THOUGHT you'd want to  
know.

©2009





## SARK's Transformation Exper!ence

We are now offering TWO fully-functional days of [SARK's Transformation Exper!ence](#) as a free gift to everyone who signs up for my eLetter or is a current eLetter reader.

To receive your gift of two days filled with inspiring transformative tools:

Current e-letter readers simply need to go [here](#) to get their two free days.

Spread the word and tell your friends that anyone can enjoy the two free days by

signing up for the eLetter [here](#).

Enjoy!

Read what people are saying about [SARK's Transformation Exper!ence...](#)

"Here was my experience from lesson one: I've had a lot of family issues so I was thrilled and scared that healing and transforming family was the first topic. I tried avoiding it as long as possible, looking for colored pencils before I could start, etc. But something magical happened. At the end, I no longer felt helpless. I felt empowered and then elated! So thank you. Thank you!" ~ Jen

"Thank you so much for this, never could something have come at such a perfect time- when I truly needed it. It is magical in so many ways". ~Jane

"Being a part of SARK's online "project" seems like divine intervention, synergy and just plain joy to be a part of right now...I have SARK's spirit with me every day!" ~ Heather

You can read more [here!](#)

We have chosen the [Scoop of SARK](#) winners from the first 200 participants to sign up for [SARK's Transformation Exper!ence](#). Congratulations to Heather and Marijane!

And congratulations to Diana, winner of the blog contest at [Womanwise Marketing](#).



## Couching with SARK

I'm loving [Couching](#) and working individually with so many wonder~full human beans! I'm extending my birthday month special and giving YOU a gift of 10% off all sessions! You can get started by filling out the simple application [here](#). Read more about Couching with SARK [here](#).

I'm also extending the contest to win a ½ hour Living Juicy [Couching with SARK](#) session! Help spread the news on your blog and email [LivingJuicy@PlanetSARK.com](mailto:LivingJuicy@PlanetSARK.com) with a link to your blog.

We'll announce the winner here in the June eletter.

Read what people are saying about [Couching with SARK...](#)

"I recently got Couching from you and found it to be a marvelous, life-transforming experience - and I was able to use the "micro-movements" idea in an art therapy session as well as in my own life." ~ Shannon

"I had such an amazing time with SARK and have made putting what she said into action in my life, it's been so much FUN! I just signed up for her online 30 day transformation program, can't wait! I'm so glad she is making all of these things available and especially now of all times in my life." ~ Marissa

"Couching with SARK has been a huge journey of self discovery and transformation for me. I was so overwhelmed, and yet excited, about where and how to start, but SARK has been a wonderful, laughing, intuitive and gentle guide throughout the entire experience, and now I feel like I'm bouncing on the couch with glee! I am now moving in the world in new ways, and seeing everything with fresh eyes - I have discovered that things are sparking everywhere, and I just hadn't noticed it before!" ~ Lynda

Read more [here!](#)



## Be Yourself, Everyone Else is Already Taken

I'm delighted to share Mike's new book with you - I just love that the title reminds us to be ourselves!

Here's a further description of the book, and am so glad to offer some bonus SARK gifts too:

Would you like to deepen your relationships and go to new levels of depth, honesty, and connection with the people in your life? In his brand new book, *Be Yourself, Everyone Else is Already Taken*, best-selling author and sought-after inspirational speaker Mike Robbins teaches us simple yet powerful ways to be authentic in our relationships and our lives – thus leading to greater peace, passion, and fulfillment. Get exclusive bonus gifts and recordings from authors and experts like Jack Canfield, Marci Shimoff, Michael Beckwith, Gay and Kathlyn Hendricks, Mark Victor Hansen, **me**, and many others when you order copies of Mike's new book today. Go [here](#) for more information and to order.



## Good Things from SARK

I came home from first grade and said to my Mom; "I think that Show and Tell should be me every day!" She replied that other kids needed a chance, and I told her that the kids were begging me to do it. Luckily, my first grade teacher arranged for me to do Show and Tell every day to a different grade. I find and experience so many good things in my life; it feels like a great big Show and Tell. I'm excited to offer this feature again at Planet SARK ~ people, places, things and resources that inspire me... Let me know what inspires you at my [Glorious Guestbook](#).

I recommend Kim Curtain as a coach! [Take a look](#) at this great thing she did on Wall Street.

[Louise Hay](#) is such a self-love leader and beloved soul...

Leonie is such an amazing woman and I love [her interview](#) with the gifted Jennifer.

[Transformation Soup](#) has won a 2009 BEST OF Award at [GirlieGirlArmy!](#)



## FREE Women Masters Tele-Seminar Series

I am thrilled to be one of featured speakers in [The Women Masters Tele-Seminar Series](#), a free, twelve call virtual seminar accessible by phone on Thursdays, noon-1pm PST beginning March 19th. You may attend as many or as few calls as you'd like. Click [here](#) to register for free.

[The Women Masters](#) is a FREE tele-seminar series featuring some of the most respected & inspiring women experts of our time. It's about inspiring women, like you, to wake-up and step into their power and genius.

I'll be on LIVE - Thu/May 28 - 12:00 p.m. PST.



## Ecstatic Events

This is my special invitation to you, to attend one of my lively, interactive and inspiring events. This energy is due to the kindred spirits who attend – like YOU!

Here we are at the Succulent Wild Wisdom workshop at Starwae in Sonoma. Notice my new hairstyle! And that's my beloved Jacquelyn next to me ;-)



I hope to see YOUR bright face soon!

Juicy Pens, Thirsty Paper  
at [Kripalu](#) in Lenox, MA  
Friday, May 22 – Monday, May 25  
For more info and to register, go [here](#).

Juicy Pens, Thirsty Paper  
at the LIVING room at [The DREAMING tree](#) in Northport, NY  
New Venue on Long Island - just an hour from NYC!  
Saturday, June 6  
For more info and to register, go [here](#)  
Register early for an early registration discount!

Succulent Wild Wisdom  
Juicy Pens, Thirsty Paper  
at the LIVING room at the [DREAMING tree](#) in Northport, NY  
New Venue on Long Island - just an hour from NYC!  
For more info and to register, go [here](#)  
Register early for an early registration discount!

Juicy Pens, Thirsty Paper  
at [Carol Parks' NoHo Studios](#) in North Hollywood, CA  
Saturday and Sunday, June 21-22  
For more info and to register, go [here](#)  
Register early for an early registration discount!

Juicy Pens, Thirsty Paper  
at Hayward Public Library  
Saturday, July 25  
Fore more info and to register, go [here](#)

Creative Dreams Made REAL  
at [Goddess in Bloom](#) in Chapel Hill, NC  
Friday, August 21 – interactive talk & book signing  
Saturday and Sunday, August 22&23 – interactive, two day workshop  
For more info and to register, go [here](#)

Register early for an early registration discount!

Succulent Wild Wisdom  
at [Kripalu](#) in Lenox, MA  
Friday, October 9 – Monday, October 12, 2009  
For more info and to register, go [here](#)

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  
For more info and to register, go [here](#)

[Starwae](#) in Sonoma, CA - Workshop TBA  
Saturday and Sunday, October 24 & 25  
More info coming soon!

I'll be at Celebrate Your Life in Phoenix, AZ!  
Friday, November 13 - Sunday, November 15  
More info coming soon!



**Visit me!**

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[Sark Journal](#)

or call my Inspiration Line at 415.546.3742.

I love hearing from Y O U!

Love,  
Susan  
(aka SARK)



[DOWNLOAD](#) the color-full **PRINT FRIENDLY**  
[version](#) of this eLetter and create your own mini  
book of SARK's inspirations.

**ENJOY!**

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