

# SARK's eLetter

● e stands for energetic transformation ●

RAINBOW BEAM OF LOVE



SARK's story



Apples morsels  
of goodness,  
Here I am, peering out  
from my "creative cove"  
in my last week of creating  
my new book.  
I just wanted to provide  
a little gift of self-love  
for you (see next page)  
and remind you THAT  
we want your BEAMING HEART  
of love in action—especially  
if you feel less than "perfect."  
I love you, Susan  
(AKA SARK)



# DARLING MORSELS of Goodness,

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Ecstatic Events

When you come to a SARK event, transformational energies will surround and support you before, during and long after the event is over. After more than 20 years of facilitating groups, I'm able to offer innovative practices that fit in beautifully with our actual lives, and that cause beneficial change and transformation. Additionally, each group has within it, what each person in that group needs. You will be supported in creating new systems for your lives.



**Consider the great early little bird, advance discounts and inspired payment plans too!**



## **THIS SATURDAY, FEBRUARY 13TH!**



Join me at the at The Madly in Love with ME Celebration—it's a Self-Luv-apooloza!

Saturday, February 13

at the beautiful Claremont Hotel Club and Spa in Berkeley, CA

Lots more great information info [here](#)— you'll feel the love just reading about it!

See me singing the "I Love Myself" song along with Christine Arylo and take our dare to sing it too (and win tickets to the event!) [here](#).

You can also spend the day at my table & receive lots of other delight\*full treats too! Be surrounded and drenched in love and self-love. All your cups will be filled to overflowing. Get your VIP (Very Intuitive Person) ticket [here](#).



## **THIS WEEKEND, FEBRUARY 14TH & 15TH!**

**Let's play in L.A.!**

Join me for my workshop: How to Relax About Money & Everything Else on Sun/Feb 14 and post conference seminar: Succulent Wild Wisdom: Living Abundantly in Love, Work & Creativity—No Matter What Your Circumstances on Mon/Feb 15.



It'll be a miraculous explosion of knowledge, creativity, compassion and possibility.

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

**Get your tickets in advance for delicious discounts!**



**Succulent Wild Wisdom: Living Abundantly in Love, Work & Creativity—No Matter What Your Circumstances**  
at Circle of Spiritual Enlightenment in San Luis Obispo  
Sunday, March 7, 2010  
Tickets available NOW [here](#)

**Register before March 5th and save \$10!**



**SARK's Self-Loving Festival of Lounging & Liberation**  
at Celebrate Your Light 2010 Women's Self-Love Retreat in  
Joshua Tree, CA  
Thursday, April 8 - Monday, April 12, 2010  
For more info and to register, go [here](#)



**Live Abundantly in Love, Work & Creativity No Matter What Your Circumstances:**  
**Starwae** SARK's Succulent Wild Wisdom Workshop  
at Starwae in Sonoma, CA  
Saturday, May 8 - Sunday, May 9, 2010  
For more info and to register, go [here](#)

**\$50 Early bird discount for registering before April 8th!**  
**\$100 off regular price if you register before February 14th!!**



**Change Your Life Without Getting Out of Bed: How to Relax About Love, Money & Everything Else**  
at Kripalu in Lenox, MA  
Friday, May 28- Monday, May 31, 2010  
For more info and to register, go [here](#)

**Kripalu** center for yoga & health



**Glad No Matter What: Transforming Loss and Change into Gift and Opportunity**



at Celebrate Your Life in Chicago, IL  
Friday, June 4 - Sunday, June 6, 2010  
Chicago, IL

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

**The wonderful women of Mishka Productions are offering a payment plan for those who might find this option easier. For details, call Jane at 877-300-7352 or email her at [jane@mishkaproductions.com](mailto:jane@mishkaproductions.com).**



**Succulent Wild Wisdom: Living Abundantly in Love, Work & Creativity—No Matter What Your Circumstances**

at Hollyhock on Cortes Island, British Columbia, Canada  
Friday, September 10 - Wednesday, September 15, 2010

**HOLLYHOCK**

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



**Glad No Matter What: Transforming Change and Loss into Gift and Opportunity**



at [Starwae](#) in Sonoma, CA

Saturday, September 25 - Sunday, September 26, 2010

More info coming soon!



**Juicy Pens, Thirsty Paper**

at [Omega Institute](#) in Rhinebeck, NY

Friday, October 22 - Sunday, October 24, 2010

More info coming soon!

OMEGA



More events being added for 2010.

**Inviting SARK to your event is easy!**

Just email my assistant, Trisha at [sarkevents@planetsark.com](mailto:sarkevents@planetsark.com) and she'll respond to you quickly.





## SARK's 2010 Great Getaway Special!

If the winter blues are getting you down, treat yourself to an inspiring, life-changing adventure! [SARK's Awesome Anytime Adventure](#) is 30-day getaway to the most breathtaking destinations within you! Through February 28, save \$20 with SARK's 2010 Great Getaway Special!

You can [simply adventure here](#) to get more details, hear SARK audio samples, and read feedback from people who have already added sweet adventure to their lives

"SARK, I am LOVING this program. I've done the other programs and didn't think you could get any better but you have done it again. I've read all your books and thought I knew all there was to know about SARK but this program is so new and fresh that you're surprising even me (in a good way!) This program has magical powers, I swear. The synchronicity that is being evoked by my awesome anytime adventures is uncanny. I am delighted beyond words. I love hearing your voice every day! Thanks for the greatest treat and great self-help value on the Web! Ok I'll stop gushing but just had to tell you how excited I am. You rock!"

- Tara

Want a sample, first? You can also [sign up for the Sweet Spot Sample](#) to experience three free, fully-functional days of SARK's Awesome Anytime Adventure, and then save \$20 if you decide to enroll in the full 30-days of adventure by February 28.



## Hear Me ~ Upcoming Innerviews

### Get Real Radio with Alan Cohen

I'm so excited to be interviewed by the inspiring and joyfull Alan Cohen. [Tune in](#) from anywhere in the world via internet on **Thu/Feb 18 at 1:00 p.m. Pacific time.**



## MaestroConference ~ New Beginnings

A free, 11 call interactive teleseminar designed to uplift, inspire, delight and connect you to world renowned luminaries. You'll love the MaestroConference platform! The calls are interactive and you'll have the opportunity to fully participate and connect with like-minded people around the world—I especially like the small groups feature! :-)

I'm delighted to be part of this series along with Marianne Williamson, Mike Robbins, Amy Ahlers, Christine Arylo and many more!

The calls are free and take place every Wednesday. Join [here](#) at no cost.

**I'll be on March 24, 2010 at 5:00 p.m. PST. [Sign up now](#) and you'll be sent a reminder.**



## Visit me

- [Twitter](#)
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- [Glorious Guestbook](#)
- [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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