



*The Light is
Reappearing!*

Nana and Finn (2 ½)

As I come out of the darker season of winter I often find myself in my little hot-tub, my joints soaking up the warmth while the dark night sky blinks at me with bright stars. ***I want to wish you, my dear friends around the globe, peace, love, joy and laughter in 2012!***

Most important to me are the heartwarming family events of 2011: Thanksgiving, Solstice and birthdays. Two amazing **great**-grandkids (photos attached) liven the gatherings, as do two of my gorgeous daughters, their partners and adult granddaughters.

Seems as though bright light and deep dark have been switching off and on for me this past year. Some of the highlights: In January, going to **Hong Kong** to help promote a three year person-centered expressive arts training program based at the University of Hong Kong. Great colleagues starting this!

August brought forth the birth of my new book:



available on Amazon.com or
www.sbbks

***The Creative Connection for Groups:
Person-Centered Expressive Arts for Healing and Social Change.***

I am proud of it and think it contributes a lot to the field. After 7 years of pushing it finally arrived in beautiful shape, color and content. As with most births, it has been

followed by the dark side—what I call my PPBB (Post-Partum Book Breakdown). Demons crawled into my back, and hips creating an overall collapse. Pain and more pain.

I have been working my way back to mobility in as many ways as possible with the support of caring friends, family, doctors and helpers. Today I am finally ready to write a New Year's greeting because I feel like a real human being again. Oh, Joy! The moonlight is here!

For those of you who thought I was going to have a hip replacement—for many reasons that did not happen. No surgery is scheduled at this point. Thanks for all of your phone calls and good wishes during these past few months.

The dark side -- two dear friends died --however their passing was a beautiful journey for those of us who were able to be in their presence. They are remembered dearly in the light.

More bright side -- friends visiting from Sweden and various parts of California for lunch on my sunny patio or trips to the ocean.



Finn, 2 ½ years old



Milou, 6 months

For 2012: finishing a two-hour documentary film of me working with a client using person-centered expressive arts. Should be a good teaching tool. My part is done. Also, publishing: *My China Diary, 1922* by Carl Rogers. I have had fun writing the Forward and getting to know my dad at age 20. Otherwise, I am floating along. Oh YES, I **will** be floating along as I go on a 7 day JAZZ CRUISE with 7 women friends relaxing on a Holland American Line in the Caribbean sunshine listening to incredible live jazz every afternoon and evening offered by well known groups traveling with us.

I won't get started on the political scene other than to say I am totally tired of, bored with, and disgusted by the Republican primaries as the media floods us with unnecessary details about polls, who is winning and scandals. What jerks these guys are. How about equal time exploring possible solutions for the many global crises?

The bright light is that I am so very grateful for the beauty, love and comfort in my life. I wish I could share it with everyone. At 83 I am entering a new, slower, peaceful era having a curiosity about what may evolve as I shift my perspective. I send blessings to you and sincerely hope you will stay in touch with me by phone, email, or visits!

Natalie Rogers
171 Nelson Way
Sebastopol, CA 95472
707-824-8820