

Wake Up Your Magic!

Art in its imperfection paves the way...

Whether you, a friend or a client is in a broken relationship, perpetual stress, chronic illness, a move or a career change, creativity may be the magic elixir for you. This gentle healer has the power to **unearth life-changing solutions**, tap into your own answers and to become the foundation for connectivity, support and comfort.

What I knew intuitively as a trailblazer, leader, and pioneer is quickly becoming scientific fact. Check out this recent Sunday's NY Times full page article: *Where once drawing and other painterly pursuits were the province of starving artists or simply child's play, unlocking one's creativity has become the latest mantra of personal growth and career success. Buy some crayons, we are told, and be more productive at work. Like mindfulness and meditation before it, creativity has become a mainstream commodity.* *

For years I have taught workshops, conducted talks, wrote books, had a TV Show and dreamt of **leaving a legacy of whimsical art and healing**. People still come to me and say *you know that class I took with you everything came true: I stopped therapy, feel happier and healthier and through your tools found self empowerment.*

When my bestest pal was dying, my beloved chiropractor gave me an Rx, which read: *twenty minutes of bedtime collage to give time to regenerate, rejuvenate, to grow during sleep.* She knew **this exercise would save my soul and take me to a better place**. My current ritual takes place after a morning walk with fifteen minutes of what I have coined *spiritual creative*. Using paints, pens or markers to connect to the divine I journal, story board or color to set the tone for a magical day.



According to Dr. Lissa Rankin, MD: *Flexing your creative muscles is as important to your overall health and happiness as flexing your biceps... Creativity releases endorphins, improves immune function, relieves physical pain, activates the parasympathetic nervous system, thus lowering your heart rate, decreasing blood pressure, slowing down your breathing, and lowering cortisol.***

So what do I mean by bringing creative expression to life? It is being in the flow where there is no passage of time. It is messing with creative tools i.e., paints, markers, glue, scissors, crayons, or pens; whatever appeals to you generating unexpected, imperfect results. Creative play lifts our spirits from a long forgotten sense of wonderment to the M A G I C we all yearn for. It breaks open deeply engrained patterns of logic of the musts, shoulds and coulds we have all been taught. It brings the 90% lurking in our unconscious to the conscious. Try these. Create a funky art journal, write a new life story, act out dreams, delve into unanswered questions. The ideas, the prospects are endless.

Creativity is about to grab the spotlight starting with the current craze of Adult Coloring. Creativity illuminates hope, promise, and connection cell by cell. It has the power to change the world.

For me creative expression saved my life. Hear my story:

*My step-mom said I wore four leaf clovers. I truly believed this until my world started to crumble. Then (and only then) I sensed there was more ~ much more worldly JOY to be had. I became so sick that traditional medicine left me confused and paralyzed with an incessant crying jag for eight long months. I could see no way out. As I look back, it is hard to believe I had to call the neighbors to start the car, have a 13-year-old come after school to empty the dishwasher and lift the teakettle. I walked with walking sticks one driveway at a time. I was 105 lb., a lost babe in this world. Hey, I wanted to fit in! Do it right! Of course for years the creative process had loomed its head but would I listen - trust my gut? Then I started to assemble my third book, *The Red Polka Dotted Pillow, Wake Up the Real Who Within You.* - - -****

Once I was able to change my *poor me* energy and take the focus off how sick I was, the ideal practitioners showed up and true healing began.

Heal It Forward! **Join me to build a greater awareness of the untapped potential of creativity for cellular healing, transformational well being and extreme joy.** Doodle daddle color and play! Grab an accountability buddy. Run or start a group. Share the tremendous healing power of creativity with clients.

Wake Up Your Magic! **Bring choice, opportunity, and possibility to others.** Heal from the inside out. Build a healthy relationship with self. I believe the creative spark can be the magic potion, the missing link in the toolbox, do you? Your creative muse awaits!



Susan C. Guild ~ Innovator, Author and Inspirer. Books include *Wake Up Your Magic*, *Find Your Dancing Heart*, *The Red Polka Dotted Pillow* and *YOUR CELLS AND THE MIGHTY CRAYON* along with Group Facilitation Packages. She would be delighted to hear from you.

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*http://www.nytimes.com/2015/09/06/opinion/were-all-artists-now.html?_r=0

**Mind Over Medicine: Scientific Proof You Can Heal Yourself, NY Times Best Selling Author, 2013 Hay House

*** <http://wakeupyourmagic.com/WUYM-SuZ.html>