

a wake up your magic book

FIND YOUR DANCING HEART!

thirty days to a whole new you

re-invention of self

 Susan C. Guild

SUZ

Contents

purpose

an invitation

an awakening

suggested use

thirty days of exercises:

poem ~ a new heart start

the who ~ standing on your own two feet

commitment

goal

more inner-active exercises

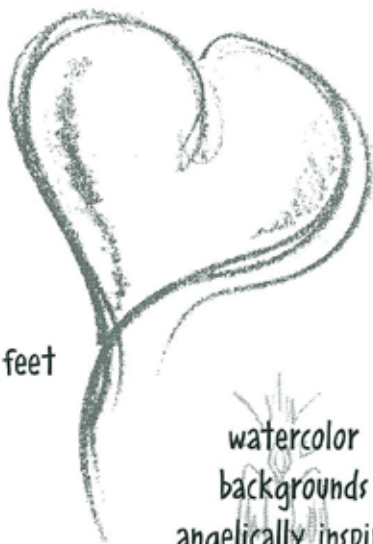
poem ~ the precious jewel

concluding exercises

doodle pages

order form pages

wake up your magic TM enterprises



watercolor
backgrounds
angelically inspired
christia

days numbered for your convenience ~ let
your intuition be your guide

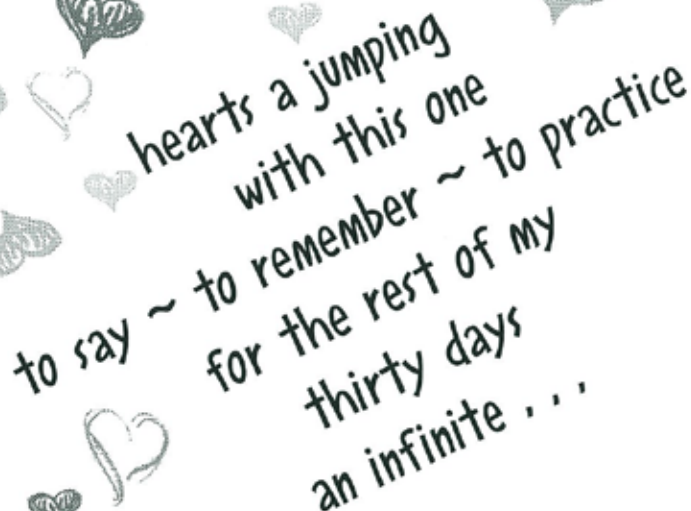
purpose:

Play-full inner-active


this is a gentle healing book

- to build your dreams ~ your life ~ your passions day by day
- to be used alone ~ in a group ~ or as a teaching manual
- to go from briefcase to backpack to bedside, a must for you !

allow . . . acknowledge . . . awaken



hearts a jumping
with this one
to say ~ to remember ~ to practice
for the rest of my
thirty days
an infinite . . .



from now on i _____ allow ~ let go
(your name)

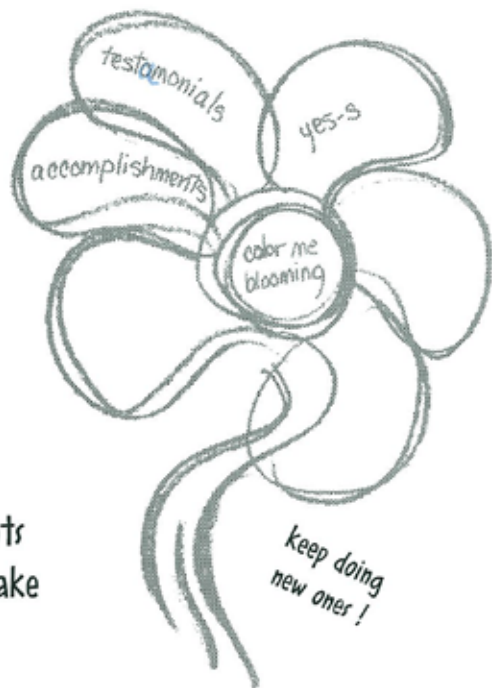
just let the ones i love the most do it their way! day 17

sketch . . . cut . . . paste



make yourself a "trust flower"
as a reminder of all your successes

let your gifts ~ your accomplishments
your yes's emerge from the soul! make
your flower ~ loose ~ floppy
unstructured. poster board is fun!



trust days continued . . .

P.S.

SuZ is learning to listen to her feelings ~ a true indicator of trust ~ she loves doing big flowers using different colors ~ you'll find the flowers change day to day!

day 11

what's it all about ~

self help ~ creativity ~ healing

Find Your Dancing Heart takes me to a creative place where i feel comfortable to really explore myself in a safe way. whether this book is used in SuZ's workshops or on your own, it's worth the commitment to yourself.



so take this book and make it your own. color it, answer the questions. write down your thoughts and watch as it transforms into a visual masterpiece.
live your wild heart's way, where anything is possible !

Shelley Steinberg
creative guinea pig
graduate first class
Find Your Dancing Heart

Susan C. Guild has been a leader and visionary in sales and marketing for over thirty years. she's a graduate of Syracuse University and Salve Regina University's intensive expressive arts course. her first book, Wake Up Your Magic, was featured in the Boston Sunday Globe. she has two grown daughters and lover throwing a ball to her dog, Steffi !

gifts of magic for the soul

9 780966 754344

