

Your Cells  
and the  
MIGHTY  
CRAYON



A WAKE UP YOUR MAGIC Book  
By Susan C. Guild

With creative appreciation, support and patience, thank you to:

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# Forward by Dr. Shelly Carson

Harvard Psychologist, Lecturer,  
and author of *Your Creative Brain: Seven Steps to Maximize Imagination,  
Productivity, and Innovation in Your Life*

In this book, creative guru Susan C. Guild shares with you a simple and enjoyable way to express your creativity that can enhance a positive mood and have beneficial effects on health. Enjoy this easy and elegant journey to creative expression.

You may wonder why there is so much emphasis today on creativity. Here are some of my favorite reasons:

Creativity is important for our survival; it is through creativity that we will come up with solutions to the major (and not-so-major) problems that face us as humans — from how to solve a worldwide financial crisis and how to cure disease to how to soothe a child who has lost a beloved pet.

Creativity is also our long-distance communication mechanism: through the creative media of art, music, literature, and film, we can communicate with each other across centuries and ideologies to share the human experience. Creative activity also has beneficial effects on both our physical and mental health. Creative activity increases brain plasticity — communication between the two brain hemispheres — and cognitive flexibility.

In a study conducted by George Washington University, creative activity led to reduced medication requirements, fewer doctor's visits, and a reduction in heart problems, as well as lower levels of depression, anxiety, and loneliness. Through creative work, we transform the negative emotional energy of anxiety, worry, anger, or sadness into expressive art, writing, or music. We lose ourselves in a positive state of "flow."

Research tells us that even if we choose not to share our creative efforts with anyone else, these creative moments still have lasting effects on our own bodies and minds.

# Infinite Possibilities Await!

There is a mysterious force hidden within  
the creative spirit that constantly brings us  
magic and miracles!

## Notes from the Author:

To me, a nudge is a poke, reminder, awareness, clue, synchronicity, magnetic pull, playful encouragement or remembrance.

This is not a coloring book. Instead, it is a book to make you **THINK**, to bring **HOPE**, and **INSPIRATION** in a lighthearted fashion. It is my dream to see this on coffee tables, at bedside, in doctors' and dentists' reception rooms, in art studios, offices and classrooms.

Of course, if you choose to doodle, daddle color and play, we love that, too!

**Suz**

Susan C. Guild



# A Message from The MIGHTY Crayon:

Symbolizing and enlisting the power of creativity  
to make your life soar!

Join me, page-by-page, as your guide to:

Be that special nudge to awaken dormant parts of yourself.

Step outside your comfort zone into empowered wellness.

Tap into answers beyond what the overthinking/logical mind  
tells you.

Create magic from the inside out through fun, facts,  
quotes, prompts, stats, and success tools.



Luv,  
me!

(a whimsical playful fella,  
always poking you  
towards a better life)





# Creativity

Has the Power to Change the World!

## Creative Nudge #1

Art's imperfection paves the way.

Creativity has the power to change the world.

Innovate before it is too late!

Step into a more empowered life  
beyond what the logical mind suggests.

Discover the surprising truths healers have known for centuries.





Within each of us  
lies a hidden jewel,  
a shining temple  
desiring to create magic  
from the inside out.



Our cells are screeching, screaming,

WE ARE HERE  
TO SERVE YOU!

We can take you  
from sickness  
to wellness!



From resistance to radiance!

From stagnation to stardom!