

Creative Catalyst Studio News:

Spring brings creative growth -- What is sprouting in your life?

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- **Small print:** copyright and getting off the list. It is our continuing commitment to inspire, not annoy. If at any time you would like to be removed from our ezine mailing list, email marion@creativecatalysts.net or follow the instructions are at the bottom of this issue.

**Please forward this to anyone in your circle that you think might find it useful & inspirational.
Thanks!**

Marion's Musings:

I am working on this ezine while the Academy Awards are on TV. What a celebration of creativity! I have only flirted with theater – it's not my calling. I salute those of you who are called to that path. What a way to really fly without a net! And yet, don't we all perform? Presentations, speeches, sales calls are all a performance in their own way. I wish you all Academy Awards for your sincere life performance.

The mission of Creative Catalysts is to increase the creative energy in Cincinnati. To make Cincinnati a safe place for us all to live creative lives. As you show your magnificence, others gain the courage to show theirs. I encourage you to read this month's theme and consider participating in the creative opportunities we offer you.

You Deserve a Life, too - come out to play!

An important part of my personal mission is to make Reiki healing available to as many folks as possible. Reiki is a simple, yet elegant system of self-healing. You do not have to feel called to work on others to benefit from Reiki training for yourself. **Please consider attending the next Introduction to Usui Reiki on Wednesday March 2, or Tuesday April 5 7-9 pm to discover what the heck Reiki is!** This informational evening will include discussion & demonstration. Everyone will have a chance to experience a brief Reiki balancing. **Fee: \$10 Reservations required, call 513/368-1994** See www.creativecatalysts.net for details about Reiki

Monthly Theme: **Spring brings creative growth -- What is sprouting in your life?**

This winter I decided to invest in some additional training with Jill Badonsky, author of the 9 Modern Day Muses (& a Bodyguard.) I am in the final stages of certification as a MUSE group facilitator and am participating in her Creativity Coaches training. Although I am already a Creative Life Coach, I felt some additional training in the special needs of creative clients would be useful. The Artist's Way brought creative, talented & blocked creatives into my life for courses. I have continued to want to serve the needs of those who dream of making a difference in the world through their creative expressions. Creativity coaching is different than business coaching because creativity is not a linear process. It resists flow charts and budgets, profit & loss statements. Process is often more important than product, as you may well know. Resistance can flare up at any moment. Homework is useful whether or not it is ever completed – simply to show you how imposed structure enhances or stymies your creative work.

As I learn more & more about the creative process, my own creativity sprouts & grows. As I coach clients through resistance, my own resistance surfaces and I get to deal with it. Facilitating the MUSE

material (See Creativity 911) increases my own connection to Spirit and my creative dreams. I invite you on this journey. Here are some times to consult a Creativity Coach:

**** You are a creative person, which means you often rebel against your own structure.** You have the best intentions to get started and then you end up doing a number of other things. Often you beat yourself up for setting an intention and not getting to it.

**** You have an idea, inspiration or dream that you are just not getting to on your own.** You need to use the accountability & wisdom of someone who knows the creative process enough to use the non-linear, motivation tools that make getting to the process easy, improvement & breakthroughs imminent & finishing the process frequent rather than rare.

**** You are a creative person experiencing a block** (resistance, lack of direction, idea bankruptcy, fear, non-stop self criticism, doubt). These tools & techniques have successfully addressed all of the common obstacles standing in the way of creative fulfillment.

**** You need creativity to make your business more distinctive & competitive,** to market successfully, to start writing a book, to work for yourself - but you do not know where to start.

If you would like more information about Creativity Coaching, please call me! 513/368-1994. I can help you design & nurture your creative dreams! *What is stirring in your garden & about to sprout?*

Polly's Corner:

Pursuing our dreams can be a daunting task! The Life Purpose class that I facilitate is all about helping people reconnect to their true nature and discover the gifts that they alone have to offer. That's some pretty heady stuff! In an effort to support people after the class has ended, to remind them that they are not alone in wanting to live more fulfilled lives, I started sending out "Notes from Polly". They are designed as weekly reminders of places within ourselves to look for passion, of perspectives that might be lurking at the edge of our consciousness that we can't quite name, and of the fact that we are all human and doing the best we can so be kind to yourself!

Below is one of my recent "Notes". Sometimes they ask a question, sometimes they merely wonder. If you would like to be added to the mailing list, please email me at: pgiblin@cinci.rr.com

There is a big difference between how we feel versus how we behave. I'm sure any of you who have children will attest to this! I have often fallen victim to the sentiment that "I just don't feel up to it right now."

How we feel on any given day is affected by any number of factors: what we ate the night before, how well we slept, what we are looking forward to, etc. But, how we act is affected by one thing: our level of commitment.

If we wait until "we feel like it" to make a change in our life or to begin pursuing a dream, we may never begin. We can't always control how we feel, but we can control what we choose to do.

Feelings are very transient; they can change from one moment to the next. A commitment is usually based on one of our values, attached to something that is at our core, something unchanging.

What are you committed to? How can you honor that commitment, even if you don't always feel like it?

Polly Giblin

Passionate Advocate For Self Expression

Opportunities to S T R E T C H your creativity:

Early Spring 2005 Course schedule

All courses take place at Creative Catalyst Studio, 2515 Essex Place, # 231. Near UC / Clifton with easy access to I-71.

To register, please send deposits to Marion Corbin Mayer, Creative Catalyst Studio, P.O. Box 26194, Cincinnati, OH 45226.

Payment in full appreciated.

Your Passionate Life Purpose is closer than you think! Polly Giblin, facilitator

Have you lost your passion for life? This course will assist you to reconnect to what you are passionate about, so that you may discover your life purpose. Join us for the adventure of a lifetime as we explore what makes you unique. We will also look at how to overcome the blocks & inner conflict that may come up during this process of self-discovery & magic. Who are you waiting to become?

Format: 4 sessions **Tuesday afternoons, 1 - 3 pm March 8 - 22**

\$30 per session, \$100 per series if PIF (save \$20!) Credit card billing is available. Reservations + \$25 deposit required. (Min 5 / Max 15)

Living Your JOY

How to find More Time, More Money & More ENERGY to live your Dreams!

Facilitated by Marion & Polly – the JOY team!

Wednesday evenings, twice a month March 9 - May 18 7-9 pm

Using Susan Falter Barnes text and workbook, we will work together to discover what holds us back from pursuing what we are meant to be doing. **Do you have a dream? Would you like help clarifying your path and "right work?"** There is nothing like having a group to listen to your intentions and support you in your path. We look forward to your participation in this exciting group of wonderful people! Take advantage of the skills of **two creative life coaches!** **Consider this your "Courage Circle."** **You are worth this time!** To purchase the book and workbook for this series, please follow this link: <http://www.1shoppingcart.com/app/aftrack.asp?AFID=62391> - you will be sent to the How Much JOY site and any purchase you make will result in a small donation to Creative Catalyst Studio at no extra expense to you.

Format: Ongoing group meeting twice monthly - 3 month suggested commitment.

\$30 per session, \$150 per series of 6 if PIF (= 1 free session.) Credit card billing is available. [Pre-registration](#) is required (at least 5 days before first session) with a \$30 deposit. (Min 5 / Max 15)

Watercolor for the Truly Terrified (& paint avoidant)

Thursday 3/17/05, 6:30-9:30 pm

\$40, all supplies included Marion Corbin-Mayer, fearless guide

Do you long to paint but feel afraid to try? Come spend an evening playing around with watercolors! Fee includes all supplies necessary for a joyful good time. Remember, it's only paint & paper! Reservations plus \$20 deposit required (deposit applies to fee.)

Beginning Knitting

Tuesday, March 22, 6:30 - 9:30 pm \$25

Interested in learning how to create one of those cool scarves? Join Mary Fitzpatrick for some easy to learn knitting techniques. Supply list will be emailed once you reserve your space. Reservations plus \$15 deposit required (deposit applies to fee.)

Monthly Knitting / Fiber Arts Circle Monday, March 28, 7-9 pm

Join us the last Monday of each month through April 05. Bring your project and your creative questions for an evening of lively (spontaneous) discussion. **\$10** [Pre-registration](#) is required

Get Organized! Create space in your life... Friday, April 8 1-4 pm

Follow up appointments schedule at your convenience.

Marion Corbin-Mayer, Creative Catalyst & Polly Giblin, Messmender combine forces to offer you a 1-2 punch towards getting your life in order. Spend 3 hours learning the life skills to find & maintain an orderly system with Marion, **then Polly will come to your home or office for 3 hours to help you make it work.** (Your 3 hours may be all at once or spread out as you choose.) Additional hours with Polly may be scheduled. **When was the last time you saw the top of your dining**

room table? **Are you ready to seriously get organized?** Fee: \$150, Reservation + \$75 deposit required. (Includes 3-hour workshop plus 3 hours of hands-on personal organizing.) Visa / MC or Discover

Creativity 911!

~10 Creative Principals to enrich your life~

6-sessions*, meeting every other Tuesday, beginning April 12 – June 21, 6:30 - 9pm

GIVE YOURSELF PERMISSION: to make the time for your creative passion; to defy the resistance and procrastination to start; to cultivate the focus to continue; to break through blocks and fears; to overcome overwhelm; to love your life and explore your brilliance!

Text: The 9 Modern Day Muses (& a Bodyguard) by Jill Badonsky. Explore this fun, rich text and discover the 10 creative principals through their MUSE personalities. Course includes writing, playing with art materials and journaling exercises. You deserve this support, inspiration and accountability in a playful environment with your own creative tribe members. If you have been looking for your next step after Artist's Way, this is it!

Fee: \$20 per session or \$100 for series of 6. To register, please send a deposit of \$40 to Marion Corbin Mayer, Creative Catalyst Studio, P.O. Box 26194, Cincinnati, OH 45226. Payment in full appreciated. Don't delay, space is limited!

You may purchase the book via amazon.com by following this link:

www.amazon.com/exec/obidos/ASIN/1592400086/creativecatal-20 (A small donation to the studio will result if you use this link at no additional cost to you. This book is available used at a very reasonable price. You may also purchase it from me for \$18.)

"Muse classes are fun & inspiring - held in a huge art studio in Cincinnati -- met 9 other kindred spirits and am making a friend out of someone I recruited to come to the Muse classes from an art show in Dayton who was a customer of mine! I had taken a watercolor class last year from Marion Corbin-Mayer - the Muse facilitator and now synchronistically am doing all kinds of mischievous creative splashy artsy things with her!" Glenda Miles, Springboro, OH

Are you an entrepreneur? Is a Home-Based or small business right for you? Polly Giblin & Marion Corbin-Mayer

Saturday, April 30th, 1-4 pm \$35

Do you long to be of service to others? Are you dreaming of being a massage therapist, Reiki practitioner or life coach? Got an idea for a product or service that you are dying to launch into reality? Being in business for yourself is both easier & harder than you may think. Spend the afternoon considering your personality type, ideal work environment, & target market. Reservations plus \$20 deposit required (deposit applies to fee.)

Ongoing Open Studio Sessions Mondays 9:30 am - Noon

\$10 per session or \$75 for a 10-session class card (punch as you attend!) \$80 if you use a credit card. Bring your art supplies and create in community support. Self directed with individual coaching as needed. Storage space is available in the studio for your supplies and wet paintings.

Come use your art stuff!

Preregistration is required for this workshop. Please email [Marion](mailto:marion@creativecatalysts.net) if you plan to attend so she can plan for you!

Reiki Training

Introduction to Usui Reiki **Wednesday, March 2** **Tuesday, April 5** 7-9 pm \$10,

What the heck is Reiki, anyway? How does it work? How would it benefit my family, pets, my friends, business or me? This informational evening will include discussion & demonstration. Everyone will have a chance to experience a brief Reiki balancing. **Fee: \$10 Reservations required, call 368-1994**

See www.creativecatalysts.net for details about Reiki & complete descriptions of training courses.

Usui Reiki Levels 1 & 2 Training

Introduction & Initiation to the First & Second degree level of this hands-on healing system.

First Degree: Friday, 3/18/05, 9:30 am - 4 pm Saturday 4/09/05, 9:30 am - 4 pm

Second Degree: Saturday 3/19/05, 9:30 am - 4 pm Sunday, 4/10/05, 9:30 am - 4 pm

Introduction & Initiation to the First & Second degree level of this hands-on healing system. Each class includes lecture, demonstration & practice. No experience is required for Reiki I. Learn to give treatments to self & others. **If only enrolling in Reiki II, proof of Reiki I training is required, so bring your certificate!** Reiki II training includes use symbols for mental, emotional & spiritual healing as well as distance work. Japanese Reiki techniques will also be covered. Ample practice time is included in both classes. Certificates will be given each day for completion of course. Course will repeat.

Fee: Level 1 is \$125 Level 2 is \$175 (Both \$275) Visa / MC / Discover **Pre-registration with a \$50 deposit for each level is required.**

Reiki 3a Personal Mastery Training Sunday, May 1, 9 am – 4 pm

Fee: \$225 Reservations + \$50 deposit required.

Training & initiation to the third level of this healing system. Class includes lecture, demonstration & practice. Learn to remove energetic blocks from self and others with aura cleansing technique and to use crystals to create a continuous healing grid. 10 percent discount if you pre-register with full payment 10 days prior to workshop.

Usui Reiki Level 3b Master Teacher Training

Sat & Sun March 12 & 13, 9 am – 4 pm or Sat & Sun June 11 & 12, 9 am - 4 pm

Final level of Usui Reiki-- learn how to initiate others into Reiki. Class includes lecture, demonstration & practice. Learn to clear beliefs with the Healing Attunement technique, plus learn & practice all levels of Reiki attunements. Fee: \$550, reservation + \$100 deposit required

10 percent discount if you pre-register with full payment 10 days prior to workshop. Visa / MC / Discover (Payment plan also available for 3b.)

Affirmation to Ponder:

**I am willing to be a beginner at my craft,
starting with beginner's results on my way to getting better.
I am getting better and better with regular practice.**

Spills the Imp

Namaste'

I definitely feel called to teach / facilitate organization classes, but do NOT feel called to touch anyone's actual stuff. That's why Polly & I make such a good team!



**Polly is a frequent facilitator at Creative Catalyst Studio –
a life coach who loves to assist people in clearing the messes in their life.**

Acts of Service Notices:

Horizons Massage Therapy continues to offer some of the finest massage therapists in Cincinnati. Located just north of 275 on Montgomery Road, in the shopping center just before the Cornell Road intersection, Horizons is easy to get to & has tons of free parking. I also see Reiki clients at Horizons.

PRINT out this *coupon*coupon*coupon*coupon**coupon*coupon*coupon*coupon**coupon*coupon*coupon*coupon*

Receive \$5 off a one-hour massage (reg. \$55) & **\$10 off a two-hour massage** (reg. \$100) with **Joe** of Horizon's Massage Therapy. (513/469-1444, 11005 Montgomery Rd.) Friends have heard me talk about "joemassage" for years. Isn't it time to check it out? Use this coupon and **tell him Marion sent you**. I suggest you try a relaxation massage at first. He also offers Swedish massage, Trigger Point Therapy, deep tissue work & aromatherapy. If you think you would feel more comfortable working with a woman, partners Laura, Linda & Colleen do great massage as well. Call for a brochure or to book a session.

All Massage Therapists at Horizons are licensed by the state of Ohio. 3/05

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Oil Painting Classes for Beginners and Experienced Beginners

with **Charlie Berger** Tuesdays 6:30 p.m. - 8:30 p.m. 3 week session begins **March 15 \$89**

No drawing skills required - See like an artist - - Learn core fundamentals -- Develop paint mixing and brush handling skills -- Complete a painting in each class -

Class size is limited to four students. Please call or e-mail now to reserve a spot. (Tell him Marion sent you!)

513-351-4098 at home **513-793-5300 at Wilson Art Store** **berger3@fuse.net**

Charlie Berger's Studio **6628 Afton Avenue, Cincinnati OH 45213**

2 miles south of Kenwood Town Centre in Kennedy Heights/Pleasant Ridge

Is your child a "Quirky Learner"? Is your child challenged enough academically?
See the Academy of Greater Cincinnati's website <http://www.academygc.org/> -
The Academy is a school for uniquely gifted children & is accepting enrollments K-10.
We love it! Our daughter has really bloomed there.

Wild Oats Market is looking for artists who would like to show their work at the first annual show. Contact Rachel for details: 513.531-8015

Dyslexia Keys, The Learning Abilities Center.

Sandra Korn, Licensed and Certified Davis Facilitator, works to transform Dyslexic thinking in both Children and Adults. Her work is based on the popular book, *The Gift of Dyslexia*. She regularly attains a 95% success rate in taking children and adults who struggle with reading, writing, mathematics and ADD, and transforms them into people who can conquer their learning challenges. Those who have completed the program and continue working with their newfound skills generally increase their grade point averages by two levels. In addition, most children who start the program below their grade level can and do achieve or surpass their grade level within weeks. Call Sandra at 779-9118 or email her at

DyslexiaKeys@msn.com for more information. **Tell her Marion sent you and receive a discount on the program. Ask for details. Remember - Dyslexia is a Gift to be mastered.** (Sandra is a former Creative Catalysts facilitator. Her work makes a huge difference in the world!)

Psychic Readings by Diann. Learn more about your relationships, career, past lives, pets, loved ones who have passed on and more. Call 825-4633 for an appointment in person or by phone. Also available for parties. **Diann offers readings at Creative Catalysts during the Essex Studios art walks.**

Other services: Feel free to visit www.creativecatalysts.net to discover our other services. Creative Life Coaching, plus Reiki training and healing sessions are ways to increase the velocity of proactive, positive change in your life. Ask about scheduling a complimentary coaching session. Email marion@creativecatalysts.net for details!

Remember, you deserve a life, too!

Events & links:

Essex Studios Spring Art Walk: Friday & Saturday, April 1 & 2, 6-10 pm

Come see the most exciting arts community in Cincinnati. Invest in art by purchasing directly from the artists themselves. Studio 231 will again feature a group show and lots of fun stuff. If you would like to show your work as a non-resident artist, contact Trent Heiman, 513/476-2170. \$50 is a small investment to reach this unique audience.

www.themuseisin.com Jill Badonsky's fun MUSE site.

www.whatthebleep.com - discover quantum physics via this interesting documentary.
DVD will be available in March.

Small Print: Copyright / Getting On and Off the List

Unless otherwise attributed, all material is written and edited by Marion Corbin-Mayer, MA.

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Marion Corbin Mayer, MA - YOUR coach for creating what's next!

Creative Catalyst Studio Home for your inner artist! Offering unique courses, coaching & connections...

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www.creativecatalysts.net

"Creativity is allowing yourself to make mistakes. Art is knowing which ones to keep." -Scott Adams