



Creative Catalyst Studio News: **Be more**

ALIVE in 2005!

Volume 2, Issue 1 January 2005

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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.

*title art by Mary Englebreidt

Marion's Musings:

I am creating this ezine during an unexpected snow day, just before Christmas. We are blessed to be snug & warm in our home today. I can hear my husband & daughter out chipping away the ice and snow on our driveway and sidewalk. The snowplow left a huge pile of street snow halfway across our driveway, so this could take a while...

The holidays always fill us with a combination of expectation & dread, don't they? It's fun to change our home environment with sparkly stuff and a tree (if that happens to be your tradition.) And yet, it seems to add another layer to our already chaotic lives. Retailers frantically advertise to get our attention. Cranky people abound during the "silly season". We remember hurts and blessings of past holidays, thus adding to the soup of this one.

I wish you quiet time to contemplate your blessings. As you contemplate, consider how your life is different than it was this time last year? If it isn't different, do you want it to be different a year from now? What have you outgrown (besides your clothes) ? How is your life blessed today? Do your possessions reflect who you are or do they reflect you were? In the year ahead, are there classes offered by Creative Catalysts that you've always wanted to

take, but never did? What will happen if you never stretch out, grow, and take a class to reconnect with your artistic inner self?

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. Come out to play this winter!

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** January 5, 7-9pm

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 513/368-1994

See www.creativecatalysts.net for details about Reiki

Monthly Theme: Be more ALIVE in 2005!

Today I am pondering my goals for 2005. In an ideal world, I would have it together by now. Those of you who know me, know that I struggle with being overweight and disorganized. I teach "Get Organized" from the perspective of someone who fights chaos every day. As long as I am alive, this will be a challenge. I am a "7" on the Enneagram. (I am into everything.) Many of you have asked me how I do all that I do. Sometimes I do things well, sometimes badly. I always approach life with a quirky sense of humor.

Creative Catalyst Studio is undergoing an Extreme Makeover with the help of my "design team." My deepest thanks & appreciation go out to Rose Morra, Liz Armbruster & Polly Giblin. I can feel the energy free up & start flowing more creatively as we move things around to a more useful configuration. My small goal of painting walls over the Holiday Break became much larger when my heat went out & I needed to move everything away from the windows so that new radiators could be installed. Most of my projects seem to grow like this – how about yours?

I plan to offer a 2-session teleclass on **Making 2005 Your Personal Best**. Please [email me](#) if you would like to receive further information. (One of my goals is to stretch to learn this teleclass technology.) Your only cost will be the possible long distance charge for the call.

Consider the following ideas for 2005:

Creative – Stretch your creativity. Use whatever art supplies or craft supplies you have collected through the years to really try something new. Remember, buying and storing art supplies is not the point. Using art supplies is! Just for grins we are adding a knitting circle at Creative Catalysts, so you can come once a month to "stitch & b*tch". Bring any project. There will be no planned agenda; conversation will flow naturally based on who shows up each time. **If you want to explore the Artist's Way**, consider joining the **Cincinnati Artist's Way** group at www.Meetup.com - We meet at Creative Catalyst Studio on the second Tuesday evening (7-9pm) each month to discuss the book and play with art materials. I do not plan to offer the Artist's Way 8-week course again unless I receive emails from 8-10 folks who want to explore it. The monthly

Meetup is a terrific way to explore the material on your own with some group support. Please RSVP if you plan to attend.

Mental – LEARN something new this winter! USE your brain. As we age, we start forgetting things and resist change. Challenge yourself to read something new that you have been curious about. Follow your interest until you learn all about a subject. Find a group online that explores the same thing. Take a teleclass! **Stay tuned for more information on the upcoming Creative Catalyst teleclass schedule.**

Physical – DO something with your body every day!

Water exercise – This fall I discovered the “Stretch & Tone” & deep-water aerobics at the Lyons YMCA near my new home. To my great delight, it is really a fun way to exercise. You don’t sweat & no one sees you jiggle. I encourage you to check it out for yourself. We are laughing together while the folks on the treadmills sweat...

YOGA – excellent for flexibility and grounding. Centers that I like are Cincinnati Yoga School in Blue Ash www.cincyoga.com and Shine Yoga center in Hyde Park <http://www.shineyoga.com/> (Both directors have been very supportive of Creative Catalysts.)

NIA – a very fun work out system that combines martial arts, yoga & dance. I promise that you will feel GROUNDED & IN your body at the end of this workout! See <http://home.fuse.net/Nia-Cincinnati/> for more information.

Diet

Take the time this winter to investigate ways of eating healthy food. Many of my friends have received the bad “pre-diabetic” warning from their healthcare advisors. After the sugar feasting of the Holidays, use your compassionate self to discover how you can support your highest good through food & nutrition. I am actually getting to know my local small health food store to see what I can learn about this. After years of dieting yo-yo syndrome, I commit to seeking a sane way to live with food. (Being a Reiki Master Teacher does not exempt me from my human struggle!)

Spiritual

Allow yourself a mid winter retreat, even if you simply stay home. What feeds your soul? Who are you when you stop running and allow yourself to be quiet? How long has it been since you stopped to hear that still, small voice of intuition & guidance? I still write morning pages – not every day, but several times a week. When I allow myself this time, my whole day goes more smoothly. Allow yourself the time to hear yourself think. Visit sacred places, both outside & inside. Notice how your surroundings feel. (The more you notice the energy of a space, the sharper this talent will become.)

Remember, great changes begin with baby steps. Be kind to yourself throughout this process. Most of all, as this month’s affirmation states – release the past & embrace the NOW. We all did the best we could with the information we had at the time. Assume positive intent in what you experience. You waste less energy on regrets that way. Thank you for being in my life. This work is a blessing to me. Namaste’

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



Winter 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.

Re-Awaken Your Creative Spirit ~ 10 Creative Principals to enrich your life:

6-sessions*, meeting every other Monday, beginning January 10 – March 21, 7-9pm

Marion Corbin-Mayer, facilitator

* Possible teleclass support between each scheduled meeting.

Text: The 9 Modern Day Muses (& a Bodyguard) by Jill Badonsky. Explore this fun, rich text & discover the 10 creative principals through their MUSE personalities. Course includes writing, art & journaling exercises. If you have been looking for your next step after Artist's Way, this is it! Space is limited to 10 individuals ripe for some fun & willing to play. **\$20 per session or \$100 for the series of 6.** (save \$20!) Don't delay, space is limited! Reservations plus \$40 deposit required (deposit applies to fee.)

Pursuing Your Dreams 101

Polly Giblin, facilitator Saturday,

January 8, 10 am – 3 pm (Bring lunch!) \$50

Are you tired of waiting to pursue your dreams until ____? (Fill in the blank.) Start 2005 by investing a day to discover how to take those important first steps in defining & pursuing your dreams! Why is this important? Your dreams are not just about YOU. When you pursue your dreams, others may be inspired to pursue their OWN. Reservations + \$25 deposit required. (Min 5 / Max 15)

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 **Series 1:** Tuesday mornings, 10am-noon, beginning January 11 – February 1 **Series 2:** Thursday evenings beginning **February 10 – March 3 7-9pm.**

\$25 per session, \$80 per series if PIF (save \$20!) Credit card billing is available. Reservations + \$25 deposit required. (Min 5 / Max 15)

Beginning Knitting

Saturday, January 15th, 9am - noon \$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.) (Min 5 / Max 15)

Monthly Knitting / Fiber Arts Circle

Join us the last Monday of each month through June 05. Bring your project and your creative questions for an evening of lively (spontaneous) discussion. **\$10**

[Pre-registration](#) is required (Min 5 / Max 15)

Are you an entrepreneur? Is a Home-Based or small business right for you?

Polly Giblin & Marion Corbin-Mayer

Saturday, January 15, 1-4pm \$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, mission statement, & target market. Reservations plus \$20 deposit required (deposit applies to fee.)

Watercolor for the Truly Terrified (& paint avoidant) Monday 1/17/05, 6:30-

9:90pm

\$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.)

Get Organized! Create space in your life... Tuesday, January 25th 6:30-9:30pm & Saturday, February 26th, 1-4pm Follow up appointments schedule at your convenience.

Marion Corbin-Mayer, **Creative Catalyst** & Polly Giblin of **A Passionate Purpose** 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

Creating a Personal Treasure Map Marion Corbin-Mayer, facilitator

Saturday, January 29, 1-4pm \$35, (bring magazines - all other supplies included) What do you want to BE, DO & HAVE in 2005? Take this time to set your intention & create a collage of your dreams! Reservations plus \$20 deposit required (deposit applies to fee.)



Reiki Training

Introduction to Usui Reiki **FIRST Wednesdays, Jan - March 7-9 pm \$10** January 5, February 2 & March 2

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. **Level 1:** Sunday 1/16/05, 9:45 am - 4 pm **Level 2:** Saturday 1/22/05, 9:45 am - 4 pm **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 IIIa Personal Mastery Training **February 5, 9am - 4pm \$225**

Reservations + \$50 deposit required. Training & initiation to the third level of this healing system. 10 percent discount if you pre-register with full payment by January 25

Usui Reiki Level 3b Master Teacher Training Sat & Sun March 12 & 13, 9 am - 4 pm Final level of Usui Reiki-- learn how to initiate others into Reiki. Class includes lecture, demonstration & practice. Fee: \$550, reservation + \$100 deposit required by February 28. 10% discount if paid in full by February 14th.

Affirmation to Ponder:

I release the past & embrace the present.

There is power in simply accepting what is. Surrender regrets. Ah... feels good, doesn't it?
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!

A Passionate Purpose

Polly Giblin aspire2@isoc.net 513-305-0401 cell

Polly is a frequent facilitator at Creative Catalyst Studio, a life coach and loves to assist people in clearing the messes in their life. She worked with me to get my home cleared and ready for sale as well. If you have a mess to clean up, Polly is your person to tackle it. (She actually touches the stuff...) **I found it helpful to stay on task with her joyful, totally non-judgmental support. Watch for the "Before & After" shots of Creative Catalyst Studio's Extreme Makeover!**

Acts of Service Notices:

Check your email server's "quarantine" area regularly, if you can find it. My email server sometimes decides that emails I want to receive are Spam. Until I started checking that area regularly, I had no clue that messages were not getting to me. I was also surprised & happy to see how much smut and drug offers were being stopped. So, if you can find the "quarantine" area, you might want to check it every now & then to see if messages like this ezine are being dumped there!

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.***

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

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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.

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Introducing - 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 Winter Art Walk: Saturday, February 11, 6-10pm & Sunday, February 12, noon-4pm. We are proud to be participating once again in Cincinnati's Fine Arts Sampler Weekend. If you would like to show your work as a non-resident artist, contact Trent Heiman, 513/476-2170. \$50 is a small investment considering that over 350,000 copies of the Fine Arts Sampler brochure are distributed all over town! If we get good weather we get slammed with people. Even during the ice storm in 2003 we had a lot of folks!

WWW.TUT.com - Check out these fun Totally Unique Thoughts from the Universe.

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!*

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