



## Creative Catalyst Studio News:

Volume 2, Issue 6 June 2005

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](mailto:marion@creativecatalysts.net) or follow the instructions at the bottom of this issue.

### Contents:

- Marion's Musings
- Opportunities to stretch your creativity
- Questions from Polly
- Affirmation to ponder
- Events and links
- Small print: copyright and getting off the list.

### Marion's Musings

**Happy Solstice!** Isn't it great Summer is finally here? The weather has been fantastic this week. I even managed to get outside & paint. Something about painting on location (en plein air, as the French say) just truly feeds my soul. The daylilies seem to be blooming early this month and I really had fun painting them. So what are you doing to celebrate summer? The solstice marks the halfway point in our year. Have you decided what you really want to focus on (yet?) Now's the time. Where do you want to go this summer? What do you want to do? Learn something new? Love to have you come join our groups. **We have lots of fun courses and workshops planned for you!**

---

*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.*

*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, July 6** 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](http://www.creativecatalysts.net) for details about Reiki*

---

## Opportunities to stretch your creativity:

### New Summer Classes!

Be sure to check out the new spring classes listed on the Creative Catalyst Studio website. The links in the course descriptions below should be "live" & take you directly to the site. These classes are designed to help you explore your creative & / or spiritual path. **All courses take place at the studio.** [Click Here for Map & Directions](#) *Classes may change without notice due to enrollment levels. Nothing cancels a great course faster than waiting until the last moment to register.*

Remember...

*You deserve a life, too!*

---

## Connect with your Creativity! ~10 Creative Principals to enrich your life:

**7-sessions\***, meeting every other **Tuesday, 6:30 - 9 pm** **July 12 - October 4.**

**Reservation plus \$40 deposit required.**

**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 \$120 for series of 7.** (Save \$20 by paying in full!) 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](http://amazon.com) by following this link:

[www.amazon.com/exec/obidos/ASIN/1592400086/creativecatal-20](http://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! Will be doing the classes through March..."* Glenda Miles, Springboro, OH

[Pre-registration](#) is required (at least 5 days before first workshop) with a \$40 deposit. (Min 5 / Max 10) [Click Here for registration form](#)

---

## C.R.E.A.T.E. YOU **Teen Week**

Come Reveal & Explore A True Expression of YOU!

*Designed especially for girls, ages 12 - 16*

**July 18 - 22 10 am - 4 pm** (bring lunch!)

*featuring*

**Being a teenager can be confusing, joyful & challenging.** Join our multi-talented team for a week of creative exploration. We will move, write, collage & create together so you can **discover who you are & what your life is becoming.**

Our creative team includes:

Marion Corbin Mayer, Creative Coach,  
Polly Giblin, Life Coach, [www.pollygiblin.com](http://www.pollygiblin.com)  
Robin O'Neal Matson, Certified Kolbe Coach, [www.robinwrites.com](http://www.robinwrites.com)  
Melisa Lindsay, Kripalu certified yoga instructor & Reiki Master Teacher,  
Glenda Miles, incredible collage artist [www.wandsforwishing.com](http://www.wandsforwishing.com) and  
Barb Cramer, terrific art doll maker.

**Don't delay! Only 2 spaces left!** Fee: \$240 [Pre-registration](#) is required with a \$50 deposit. [Click Here for registration form](#)

---

## ***Watercolor for the Truly Terrified & paint avoidant!***

Saturday, June 25, 1-4 pm or Wed. July 20, 6:30 - 9:30 pm

\$40 each session, supplies included. Returning students, \$35 Bring your own supplies - \$25

Come splash around and play with watercolors. Supplies are included. **Special pricing for returning students and those who bring their own supplies.** Basic techniques will be covered, and then we will play with color!

**Remember, it's only paint & paper!** [Pre-registration](#) is required with a \$20 deposit Print out registration form to send with deposit. [Click Here for registration form](#)

---

## ***Reiki Training***

**Introduction to Usui Reiki Wednesday July 6 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](http://www.creativecatalysts.net) for details about Reiki & complete descriptions of training courses.

## **Usui Reiki Levels 1 & 2 Training**

### **First Degree:**

Thursday, July 7, 9:30 am - 4 pm

### **Second Degree:**

Saturday, July 23, 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. Courses will repeat.

**Fee:** Level I is \$125 Level II is \$175 (Both \$275)

[Pre-registration](#) with a \$50 deposit for each level is required.

---

# Plein Air painting weekends:

## Nothing beats going outside to paint in nature!

This is a perfect opportunity for intermediate to advanced painters to enjoy this summer. You should have some experience with your media of choice to enroll, but no experience painting outside is necessary since a complete supply list is provided. **The home base will be Creative Catalyst Studio if weather doesn't co-operate, but we will meet at a nature preserve and a lovely private home in the Anderson area of Cincinnati when it does.** You may work in oil, pastel, acrylic or watercolor for these weekends as the instructors are experienced in them all. (Acrylic is pretty challenging outside, though because of the fast drying time.)

Both weekends run 9am - 4 pm each day, with a demo in the morning & painting in the afternoon. Focus will be on composition, subject choice & "alla prima" techniques for painting on location (plein air).



Dino's painting from Tuscany

## Dino Massaroni, July 15 - 17 (Friday - Sunday) 9am - 4 pm. [click here for supply list](#)

[click here for bio](#)

Dino came to the Cincinnati Art Club last fall for a portrait workshop & returns now for plein air. He lives in the Akron, Ohio area & is a multi talented, charming instructor with HUGE capacity to inspire. Dino is an accomplished and award winning landscape and portrait artist. He has conducted and taught painting workshops for over twenty-five years. His work is in private and corporate collections in the United States, Switzerland, and Italy.

Alla Prima is Italian meaning, "at the first attempt." You'll learn to achieve successful results and capture the fleeting effects of light quickly and assuredly as Massaroni reveals the secrets of this time-tested method. Through demonstrations and individual instruction, Massaroni will guide participants through a process designed to help obtain greater confidence and pleasure from painting outdoors while improving artistic vision and skill. Although Massaroni will demonstrate in oil, the principles he shares can be applied to any medium including watercolor

**The final day of the workshop will be a "Brushes & Brunch" at First Farm**

**Inn. ([www.firstfarinn.com](http://www.firstfarinn.com))**

**Brunch is included in the workshop fee.**

This event can help you move to your next level of painting and give you an experience to make your heart smile.

**Don't delay registering if this calls to you!**

**FEE for this 3-day workshop: \$235**

[Pre-registration](#) is required with a \$50 deposit. (Min 8 / Max 15)

[Click Here for registration form](#)

RAIN Location:  
Creative Catalysts Studio  
2515 Essex Place, Studio #231



## Redefining Life Purpose

Polly Giblin, facilitator

*Are you ready to discover who you are waiting to become?*

***Are you ready to stop focusing on your fears and begin focusing on your purpose?***

**This class is about more than finding a job title. It's about finding yourself.** Your unique, authentic, vibrant voice. What is it that you have been wanting to say but have been too busy, too distracted or too afraid of what others will think? This class will help to remind you that your day to day life can be filled with unique, authentic and vibrant moments. When you begin to share those parts of yourself that have been hidden away, you create, not only a more amazing life for yourself, but a more amazing life for those you come into contact with.

**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 and inner conflict that may come up during this process of self-discovery and magic. Who are you waiting to become?

*Polly Giblin is a Life Coach who believes that we each have something unique and valuable to offer the world. She specializes in helping people reconnect to their individuality and then express it in the world, especially in their work! She received her coaches training from the Coaches Training Institute and is **certified in the Life Purpose Process**. She is a firm believer in facing fears head on and practices what she preaches. She lives her joy every day through dancing and laughter.*

**Format:** 4 sessions, Thursdays **July 14 - August 4, 7-9pm** \$30 per session, \$100 per series if PIF (save \$20!) Credit card billing is available. [Pre-registration](#) is required (at least 5 days before first workshop) with a \$30 deposit. (Min 5 / Max 15) [Click Here for registration form](#)

---

*You are worth the time you take to  
reconnect with your Creativity, Dreams,  
Passion & Purpose.*

*Polly & I are here to serve you.*

*Come on out to play!*

### **Affirmation To Ponder:**

I temporarily release the creative process and have faith I will be fruitful when the cycle changes & I return.

Inspirations are on their way to me NOW. MUSE Lull **From The 9 Modern Day Muses (& a Bodyguard)**  
by Jill Badonsky.

**Other services:**

Feel free to visit [www.creativecatalysts.net](http://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](mailto:marion@creativecatalysts.net) for details!

**Remember, you deserve a life, too!**

**Questions from Polly:**

Most people think about the things that they would like to be doing in their lives (writing, painting, dancing). How many of us think about the things that we're currently doing that don't really serve us? My challenge is letting go of watching TV.

What would you be willing to say good bye to in order to have the life you dream of?

Sometimes the most difficult thing to let go of are the excuses we keep making about why we "can't".

*Polly Giblin*

[www.pollygiblin.com](http://www.pollygiblin.com)

---

***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!



**The Mess Mender**  
Take the overwhelm  
out of organizing.  
Polly Giblin  
Call 513.305.0401

***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

---

**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.** ALWAYS look for the "LMT" when you want a massage! 06/05

---

---

## **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](mailto: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.**

### **Events & links:**

---

## **GAIAM warehouse sale, (This is the BIG one!) Thursday & Friday 10-6 – Saturday 10-4, July 21, 22, & 23**

Directions to the store are simple: Take the Union Center Blvd. Exit off I-75. Go West on Union Center Blvd. approximately 1 mile. Turn West on West Chester Road. Meridian Way will be on the left. GAIAM is located in the second building on the right. 9107 MERIDIAN WAY WEST CHESTER, OHIO 45069

---

[www.themuseisin.com](http://www.themuseisin.com) Jill Badonsky's fun MUSE site.

[www.whatthebleep.com](http://www.whatthebleep.com) - discover quantum physics via this interesting documentary.

## **Small Print:**

Copyright / Getting On and Off the List

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

Copyright (c) Creative Catalysts. (r) 2004. All rights reserved. [www.creativecatalysts.net](http://www.creativecatalysts.net)

You may reprint material from "The Creative Catalyst(tm)" in other electronic or print publications provided the above copyright notice and a link to <http://www.creativecatalysts.net> is included in the credits. Please send me a copy of the publication.

You are welcomed to pass on this newsletter. When sharing, please keep copyright notice and information about contacting the author attached. My intent is to enrich your life, not clutter it. I send this free newsletter only to those who request it, and do not sell or share the mailing list. To subscribe, unsubscribe or change your address please email [marion@creativecatalysts.net](mailto:marion@creativecatalysts.net) or follow the links below.

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

Creative Catalyst Studio

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

P.O. Box 26194 Cincinnati, OH 45226

[marion@creativecatalysts.net](mailto:marion@creativecatalysts.net)

[www.creativecatalysts.net](http://www.creativecatalysts.net)

**;-) Marion** [www.creativecatalysts.net](http://www.creativecatalysts.net)

*"Close the door on expectations; open the gift of permission. Gaze into silence's mirror; honor the muse waiting there." ~  
Alaine Benard ~*