



Happy Spring! Photo taken in Lexington, KY

CREATIVE CATALYST STUDIO NEWS

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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:

Hurrah! Spring is finally here! My daffodils are blooming merrily & even though it is supposed to rain tonight, I can't help but be encouraged. All around I see people stretching their creative muscles & pursuing their dreams. I feel honored to be a part of it all.

I want to use this space to promote a dear friend of mine's work: Barbara Cramer was one of my first Artist's Way students. I have witnessed her creative growth for many years. Barb has facilitated Spirit Doll workshops at Creative Catalysts and for New Thought Unity Women's retreat. Now she is offering her talents to the general public:

Spirit Doll Workshop

Reflections in Spirit

Barbara Cramer, Facilitator & Spiritual Interpreter

Cbarbcramer@aol.com

Offered by

VICTORY OF LIGHT PSYCHIC FESTIVAL

April 16 & 17, 10 A.m. - 7 p.m.

Sharonville Convention Center

www.PsychicFestival.com

Barb's doll forms are fabulous & during the festival you will have a chance to create your own Spirit Doll. Barb provides incredible supplies & guidance for you to dress & decorate the doll form that calls to you. It is well worth the time & entrance fee to experience this chance to allow yourself to create intuitively. **Tell her Marion sent you to receive a \$5 discount & a chance to win a free, custom created Spirit Doll with complete written interpretation.**

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 Tuesday May 3** 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: Happy Birthday to ME!

I can't help it – I'm an Aries. We celebrate things. I'm also the baby of my family so parties are what I do. Recently I realized that when I talk about anything, I talk about how much fun it is. I just see my world that way. Reiki is fun to experience & to learn. Creativity is fun to rediscover & express. Yes work is involved; yes sometimes it gets a bit hairy as old drama is released so that healing can occur. And yet it is always worth it to **be** creating rather than simply **thinking about** creating. To be pursuing your passions rather than staying safe & bored with life. **To be living your life** rather than "recovering from your childhood..."

Last week my family & I spent the night at First Farm Inn. (www.firstfarminn.com) I was able to paint outside (plein air) in the afternoon & I realized that painting outside just makes my heart smile. Jen Warner is the innkeeper at First Farm & is a fabulous chef. We started brainstorming & decided to combine forces to offer several "**Brushes & Brunch**" events together. I would like to invite you to consider coming out to paint with me in May & June. This will be similar to my Open Studio events where you work on your own during the day. I am available to offer suggestions. Jen will serve a fabulous mid day brunch & we will gather for a group "show & tell" over dessert. You may also choose to simply come out to use the time for writing, planning or relaxing for the day.

Brushes & BRUNCH! Wednesday, May 18 or June 15

10 am - 4 pm \$50 See www.creativecatalysts.net for details or to register for either day.

Questions from Polly:

As you can tell from the Subject line, the name of this little ditty has changed. Since my notes always seem to include at least one question (usually more!), I thought that "Questions from Polly" was more appropriate.

So many of us focus on finding our life purpose. It can be a guiding light in our lives that helps us feel more fulfilled. Something that doesn't seem to get nearly the same amount of attention is the idea of having something, some activity, that allows us to express ourselves completely, with no holding back, no compromising. What is that activity for you? If nothing comes to mind right away, start paying attention to how you feel throughout the day. You might be surprised by what you find! This "one thing" might not have anything to do with being of service to others or fulfilling our purpose. So make sure you look in all the nooks and crannies of your life.

To receive regular "Questions from Polly" email pgiblin@cinci.rr.com

Polly Giblin
Passionate Advocate For Self Expression

Affirmation to Ponder:

I am comfortable expressing myself and sharing my talents. I shine my light so that others can find theirs.

Audacity (9 Modern Day Muses & a Bodyguard)

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.

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

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.

Wish you were more creative?

Explore **THE ARTIST'S WAY**

- back by popular demand!

Marion has facilitated this course to rave reviews since 1997. Julia Cameron's award winning text has launched thousands in the Cincinnati area to rediscover & recover their creative dreams. After a one year hiatus, we are offering this 8-session course in a twice a month format for your convenience. What are you waiting for? **Mondays, 7-9pm, beginning April 4th.** Course meets twice monthly through July 18th. You may join any time.

Fee: \$20 per session [Pre-registration](#) is required – call 513/368-1994 if you would like to join us.

Get Organized! Create space in your life...

Friday, April 8 1-4 pm or Saturday, June 25, 1- 4pm

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 - 9 pm

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. 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! . [Pre-registration](#) is required (at least 5 days before first session) (Min 5 / Max 15)

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

Continuing to Create!

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

Facilitated by Marion & Polly – the JOY team!

Wednesday evenings, April 20 – May 25 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: 6 initial sessions -

\$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)

Saturday 4/23/05, 9am - noon Marion Corbin-Mayer, fearless guide

\$40, all supplies included, \$35 returning students, \$25 bring your supplies

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.)

Wishing Wand Workshop with Glenda

Saturday, April 23, 1-4 pm \$25 (Supplies included)

What would you like to create in your life? Glenda will lead you on a whimsical adventure as you create your very own "wishing wand". This event is appropriate for anyone who needs a little whimsy in their life & would like to play with glitter, glitz and glue. For examples of Glenda's work see

<http://wandsforwishing.com>

Come out to play this spring & create your very own Wishing Wand!

Pre-registration is required (at least 5 days before first session). (Min 5 / Max 15)

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](#) if you plan to attend so she can plan for you!

Reiki Training

Introduction to Usui Reiki Tuesday, May 3 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, 5/13/05, 9:30 am - 4 pm

Second Degree: Saturday 5/14/05, 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.)

Acts of Service Notices:

Gifted School accepting applications for fall!

Is your child a "Quirky Learner"? Is your child challenged enough academically? See the Academy for Gifted Children of Greater Cincinnati's website www.giftedacademy.org - Call 513/794-1404 for an information packet or to arrange a visit. The Academy is a private school for uniquely gifted children & is accepting enrollments K-10. We love it! Our daughter has really bloomed there.

Oil Painting Classes for Beginners and Experienced Beginners

with Charlie Berger Tuesdays 6:30 p.m. - 8:30 p.m.

No drawing skills required - 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

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:

Not had enough time for yourself? Stressed? Consider.... **An Evening and Day of Nurturing!**

WHEN: Friday evening, June 3, 2005, 6:30 PM – 9:00 PM, Saturday, June 4, 2005, 9:00 AM – 5:00 PM, Saturday, early morning Yoga, 7:45 AM – 8:40 AM

WHERE: Overlooking the Ohio River in Delhi

INVESTMENT IN YOURSELF: \$119 - \$159 (you choose the amount)

CONTACT: Mim Grace Gieser, 513-522-1123 (tell her Marion sent you!)

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

www.whatthebleep.com - discover quantum physics via this interesting documentary. DVD available NOW.

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...

P.O. Box 26194 Cincinnati, OH 45226

marion@creativecatalysts.net

www.creativecatalysts.net