

# Creative Catalyst Studio

[Home](#) [Coaching](#) [Classes](#) [Reiki](#) [Portraits](#) [Gallery](#) [Books](#) [Links](#) [Student Works](#)

## Creative Catalyst Studio News:

Volume 2, Issue 5 May 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 are at the bottom of this issue.

### Contents:

- Marion's Musings
- Opportunities to stretch your creativity
- Monthly Theme: *Expand our prosperity by opening your heart & hands*
- Questions from Polly
- Affirmation to ponder
- Events and links
- Small print: copyright and getting off the list.

**Marion's Musings:** My hostas looked so sad this morning covered in snow. I hope they survive this surprise spring event. My garden was coming along nicely – all the transplanted stuff was coming up happily until now. Isn't that like life at times? Sometimes we move too quickly and a freeze comes along to build our resiliency. All in all I would like to skip that step **and** accept that it can be part of life. Treating myself as a precious object will make me strong, so in times of challenge I set my intentions toward extreme self care & book a massage or other yummy event to keep me going. **What are you doing for yourself?**

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

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### [Creative Life Coaching!](#)

*Helping you create what's next!*

### [Creative Catalysts' Seminars & Workshops](#)

### [Cincinnati Area Artist's Dates!](#)

Fun things to do to foster creativity.

### [Artist's Way Affirmations!](#)

Create positive change in your life.

### [Reiki Sessions!](#)

*Reiki can help your relax and hear that still small voice of guidance.*

**Gifted School accepting applications for fall! Open House  
May 10, 7 – 8:30 pm**

*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](http://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.*

**Opportunities to stretch your creativity:**

**New Spring 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!*

**General Creativity**

**Are you an  
entrepreneur?**



**Is a Home-Based or small business right for you?**

**Saturday, April 30, 1-4pm      \$35      Polly Giblin & Marion Corbin-Mayer**

**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 and harder than you may think.*** Spend the afternoon considering your personality type, ideal work environment, and target market. A possible ongoing group may result from this afternoon's course.

[Pre-registration](#) is required (at least 5 days before first workshop) with a \$20 deposit.  
(Min 5 / Max 15)

**[Click Here for registration](#)**

***How much JOY can you stand?***

**Polly Giblin, facilitator**

Hop aboard the Joy Train! Have you got enough faith in yourself to make a break for it and run with your dreams? And do you

have the courage to ask for, and get, the support you need? This is your invitation to begin the process right here, right now. The amount of Joy in your life equals your commitment to your dream.

Discover the 10 truths about creativity  
& enjoy a hands-on creative experience as well.  
So ask yourself- **"How much JOY can I stand?"**

**Saturday May 14, 1-5pm. Fee: \$45**

[Pre-registration](#) is required (at least 5 days before first workshop) with a \$25 deposit.  
(Min 5 / Max 15) Print out registration form to send with deposit.

[Click Here for \(mail in\) registration form](#)

## Creativity **9-1-1!** ~10 Creative Principals to enrich your life:

**7-sessions\*, meeting every other Tuesday,  
6:30 - 9 pm June 14 – Sep. 6.**

**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.

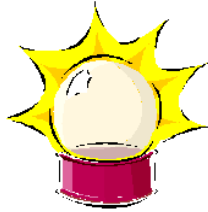
**Fee: \$20 per session or \$120 for series of 7.** (\$save \$20 by paying in full!)

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!

*"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](#)**



## Discover your Life's PURPOSE!

**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 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, **June 9 - 30, 7-9pm**, 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 \(mail in\) registration form](#)**

## Painting & Drawing Instruction

### **Watercolor for the Truly Terrified**

Tuesday, May 31, 6:30 – 9:30 pm

\$40 each session, supplies included (will repeat)

Returning students, \$35 Bring your own supplies - \$25

Come splash around and play with watercolors. Bring your own supplies or use mine! Basic techniques will be covered, and then we will play with color for the afternoon. **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 \(Mail In\) registration form.](#)**

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## Brushes & BRUNCH!

**Wednesday, May 18 or June 15**

**10 am - 4 pm    \$50**

Join Marion at [First Farm Inn](#) for a day of painting on location *plus* a scrumptious brunch prepared by Jen Warner, innkeeper. Bring your own art supplies for a relaxing day at Northern Kentucky's premier B&B, just 20 minutes from downtown Cincinnati. Marion & family spent the night there during Spring Break & had a wonderful time. There are many areas to paint, plus horses, cats & a very friendly, fluffy dog. One on one "painting coaching" will be available during the day as needed. Just bring your "art stuff"! We will gather over desert for a late afternoon friendly group critique. All media welcome, but acrylics can be challenging due to their quick drying time. You don't even have to paint realistically to enjoy a day in the country!

[Pre-registration](#) is required (at least 5 days before each workshop) with a \$25 deposit.  
(Min 5 / Max 15)

**[Click Here for registration form](#)**

Location:

First Farm Inn, 2510 Stevens Road Idlewild, KY 41080

**Phone toll free from Cincinnati area: 859 586 0199**

**Outside Cincinnati: 800 277 9527**

Please call between 8 a.m. and 8 p.m. E.S.T. Thank you!

Map & directions available: [www.firstfarminn.com](http://www.firstfarminn.com) Email: [info@firstfarminn.com](mailto:info@firstfarminn.com)

First Farm Inn Kentucky is an elegant, updated 1870s farmhouse on 20 acres of rolling hills just 2 miles off Cincinnati's beltline. Horseback riding, historic barns, spacious rooms, queen-sized beds, private baths, bountiful homemade breakfast, in-room massages, outdoor spa, ponds, row boat, hiking, rocking chairs.

Midweek, multi-day discounts. 20 min. to downtown.

[Return to Top](#)



**Plein Air  
painting  
weekends:  
Nothing beats  
going outside  
to paint in  
nature!**

We have scheduled two weekends for intermediate to advanced painters to

enjoy this summer & fall. You should have some experience with your media of choice to enroll in these weekends, but no experience painting outside is necessary since a complete supply list will be provide prior to each event. The home base will be Creative Catalyst Studio if weather doesn't co-operate, but we will meet at a different location in the greater Cincinnati area 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 Massaroni, July 15 - 17 (Friday - Sunday) 9am - 4 pm.**

Dino came to the Cincinnati Art Club last fall for a portrait workshop & returns now for plein air. He comes from the Akron, Ohio area & is a multi talented, charming instructor with HUGE capacity to inspire.

**Thomas Trausch, September 24 - 26 (Saturday - Monday) 9am - 4 pm. ([www.trauschfinearts.com](http://www.trauschfinearts.com))**

Tom came to the Cincinnati Art Club in March for a "landscape from photographs" workshop that sold out in 5 days! I have studied with Tom on location before & found him to be a wonderful coach for all levels of painting. Tom resides in Woodstock, Illinois & travels frequently with groups to paint Plein Air.

***The final day of each workshop will be a "Brushes & Brunch" at First Farm Inn.  
Brunch is included in the workshop fee.***

Either of these events can help you move to your next level of painting besides give you an experience to make your heart smile. **Don't delay registering if either call to you!**



## **FEE for either 3-day workshop: \$235**

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

A supply list will be sent upon registration & deposit receipt.

**[Click Here for registration form](#)**

Location:

Creative Catalysts Studio

2515 Essex Place, Studio #231

[Click Here for Map & Directions](#)

### **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!

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## **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](http://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: Sunday 5/15/05, 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.)*

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## **Essex Studios Art Walk!**

The next Essex Studios Art Walk is **Friday & Saturday, June 3 & 4, 6-10 pm**. Essex is at full capacity & 100 artists have their work on display - please come down to explore & experience Cincinnati's most exciting creative community. Stop in to visit us in studio #231 to find wonderful art, jewelry PLUS Pat Gary & Diann doing readings. Come on out to play!

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## **Monthly Theme: Expand our prosperity by opening your heart & hands**

Recently I have been pondering **business networking, referrals & strategic alliances**. **Networking is fairly self-explanatory & most business today is built on referrals**. **Strategic alliances** are formed by non-competing businesses all the time. (Ex: you send creatively blocked friends & clients to Creative Catalysts, I send alumni to you for whatever you offer.)

**I have been an entrepreneur since 1997**. I founded Creative Catalysts on 9/11/01 after witnessing the World Trade Center tragedy on TV. It seemed that the time had come to stop saving my art supplies & to create a center where others could connect with their creative dreams as well. **If not now, when?** Funny thing, initially I thought I just wanted to paint!

I have been producing courses, offering creativity coaching, Reiki sessions & training at the studio ever since that day. You have probably been receiving this ezine for quite a while as well.

So what is my point? **Have you come down to play recently?** Have you given yourself the time to explore your dreams, creativity or goals? Hmmm? We get busy. We let the day-to-day chores & drudgery of life distract us from what really matters. How are you feeding your spirit? **What gives you joy?** What do you think would give your friends joy as well?

Polly Giblin helped define the people who tend to come to our courses: *"My ideal client is that woman who has been serving others for years and is no longer satisfied with putting herself*



*last. She is ready to have a different relationship with life and wants someone to help guide her in this adventure of self-discovery." Know anyone who fits this description?*

We tend to live in a world of scarcity thinking. We hold on tight to our friends, clients, business acquaintances, etc. as if they are limited in quantity. **Who do you know who could use a creative experience?** *Suzie Ormond says abundance flows when we open our hearts to generosity.*

I can say with true humility & gratitude that *I am a master referral source.* I have sent people information on other workshops & opportunities for years. **I am asking you to consider sending folks to my programs as well.**

As we open our hearts prosperity has a chance to flow. Cincinnati is a large enough area to keep everyone's workshops full if we *freely share information* with each other. (Isn't it terrific that Cincinnati now supports three "alternative" free magazines? What an abundance of choice we have! )

**Do you know someone who is stuck & might benefit from creativity coaching, a class or Reiki?** Please send them this ezine or direct them to [www.creativecatalysts.net](http://www.creativecatalysts.net) I am happy to return the favor. I have referred people to massage therapists, professional organizers, counselors, chiropractors, as well as other groups & courses for years. **I am now clearly asking for referrals to flow back. Thank you. You make a difference!**

**Strategic alliances** are formed by non-competing businesses all the time. Those of us in the helping / personal growth professions could all benefit from referral sharing. We have unique skills to offer, even when some of our services overlap. As we open our hearts and move away from scarcity thinking, we can all benefit. Wanna chat? (513/368-1994)

What do you want to do with you one, brilliant, brief life? Start today! Just start.

### **Affirmation To Ponder:**

I release the restraint of believing taking creative time is selfish. Creative time is divinely spent and makes me a better person for all other areas of my life. MUSE  
Audacity

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### **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!**

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## Questions from Polly:

Think about the last time you stepped outside your comfort zone.....

What made it possible for you to take that step? Where did your courage come from?

Now that you've remembered that you have been courageous in the past, how can you muster that courage again to take a step you've been thinking about?

*Polly Giblin* **It's ok to have too much fun!**

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

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***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.***

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***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. 4/05***

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## **Acts of Service Notices:**

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### **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](mailto: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*

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### **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!)

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**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:**

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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!)

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[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.

**GAIAM warehouse sale, (This is the BIG one!)**

**Thursday & Friday 10-6 – Saturday 10-4, May 19 - 21**

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

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

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

[Home](#)

[Coaching](#)

[Classes](#)

[Reiki](#)

[Portraits](#)

[Gallery](#)

[Books](#)

[Links](#)

[Student Works](#)