

CREATOPIA™

STUDIO

Create Prosperity

Makers & Creators

Everyday Creativity

Unfolding Spring 2021



**Unleash
Your
Creativity!**



INSPIRATION

"Creativity doesn't wait for that perfect moment. It fashions its own perfect moments out of ordinary ones."

Bruce Garrabrandt

EDITOR'S NOTE

Welcome to Creatopia™



Welcome to Creatopia™ - I'm so glad you're here and excited to share the creative life with you!

Nicole Fende and I founded Creatopia™ to better serve the creative community and to value and showcase creativity. This

magazine, the Creatopia™ Studio Collection, is part of that and I'm truly honored to be able to bring you this Spring Edition created around the theme of "Unfolding."

As we've built this issue, the thread of Unfolding has woven through our efforts in so many, and often, surprising ways. From our amazing contributors to the behind-the-scenes work of shaping and making the issue, we've been graced by the unfolding of our creative collaborations with writers, poets, artists, and creators of all kinds.

I am so thankful for each of our contributors and columnists for generously sharing their creative gifts with us and their belief in what Creatopia™ will become.

I look forward to unfolding the future with you!

Cheers!

Monette Satterfield

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L.A. in Studio 2007

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Issue Information

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Our Contributors



Colleen Baldrice began her spiritual journey as a child. Inspired by the teachings of her Native American grandmother, her mission is to encourage and Inspire women wherever they are in their life journey. <https://colleenbaldrice.com>



Jenn Bierma is an author, healing practitioner and intuitive artist that creates pieces of visual and written art that speak to the divine gifts present in our daily lives. <https://spiritandherb.com>



Nicole Fende, aka The Numbers Whisperer®, helps coaches and creative entrepreneurs achieve sustainable prosperity. Nicole is the author of two books, designer of the card game Body Be Gone™, and Ringmaster of Creatopia™. <https://thenumberswhisperer.com/>



Carolyn Hawkins can be described with one word: curious. She enjoys discovering new information, and loves to encourage people to nurture their positive qualities. A native Floridian, she provides wildlife friendly spaces around her pond.

<https://www.instagram.com/whollypiecemeal/>



Barbara Lager is poet and artist. She's been creating and successfully selling art for over 30 years. All of her creative endeavors are a bridge for my soul to walk home.

<http://www.lagergallery.com/>

Our Contributors



Joanie Lewis has returned to her hometown of Louisville, Kentucky after living around the world. Her longtime passion is to walk alongside, educate, and encourage women of all ages to live a lifestyle that helps to heal their whole being.



Jane Maday began her career at 14, as a scientific illustrator for the University of Florida and was recruited by Hallmark Cards, Inc, as a greeting card illustrator. Though her scientific past helps Jane add realism to her artwork, she enjoys painting the outsides of animals rather than the insides! <https://www.instagram.com/janemaday/>



Katelyn Mariah has been a visionary artist for 35 years. Her art is focused on the rise of the Sacred Feminine and the emotions of the heart. <https://katelynmariahvisionaryartist.weebly.com/>



Cole W. Williams is the author of *Hear the River Dammed: Poems from the Edge of the Mississippi* (Beaver's Pond Press, 2017) as well as several books for children. Her poems have appeared in *Martin Lake Journal*, *Indolent Books* online, *Waxing & Waning*, *Harpy Hybrid Review*, *WINK*, and other noted publications <https://www.colewilliams.com/>

EVERYDAY CREATIVITY

Lemongrass

The essence of
spring...



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Refresh - Lemongrass Pillow, To Buy: FigLinensandHome.com



NEST Lemongrass Scent Diffuser, To Buy: Amazon.com



Lemongrass + Coffee Body Scrub, To Buy: IsolaBody.com



Relax - Lemongrass Throw, To Buy: FigLinensandHome.com

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Lemongrass

refreshing,
uplifting, bracing!



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Lemongrass Eucalyptus Candle, To Buy: Amazon.com



Uplifting Body Spray, To Buy: HotSpringsNatural.com

Photographs courtesy of merchants

EVERYDAY CREATIVITY

Makers and Creators to Watch



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ParanBloom 01, by jinseikou, Limited Edition Art Print, various sizes, To Buy:

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Photographs Courtesy of Artists

EVERYDAY CREATIVITY

Makers and Creators to Watch



Photograph Courtesy of the Artist



Heart Seeds, Original art by Katelyn Mariah. Visit her online gallery to see more of her visionary artwork: [Katelynmariahvisionaryartist.com](https://www.katelynmariahvisionaryartist.com)



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Day Designer products combine beautiful designs, original content and simple guided frameworks to inspire and empower users to find balance, focus and productivity. DayDesigner.com



POETRY

Beautiful Words



By Cole Williams

Unfurl

although, we were curled
like coiled fiddleheads,
the earth moved over us—
dusted with dry soil,
our essence wrapped
safely inside while we, arrested
in a wilting...

our time-lapse *will* awaken,
as furled fronds must accept the sky—
we too will waver as we rise.

Photograph by Lisa Yount, Unsplash;
Author photo courtesy of Cole Williams



CREATE PROSPERITY

Creative Business: Embrace Your Nature



Do so-called standard business methods feel more like moats, walls, and monstrous obstacles to your success as a creative?

Does your need to hold space for the creative process, to provide time for inspiration to take shape, to allow the

organic unfurling of something new, feel undervalued or even dismissed?

You may be a Tulip

That is, a Tulip trying to survive under conditions designed for Bougainvillea to flourish.

While both plants produce beautiful flowers, they require markedly different environments and care to deliver their blooms to the world. A tulip requires a dormant period, marked by darkening days and frosted ground. Bougainvillea need sun, more sun, and thorough yet infrequent watering.

In a tropical climate, Bougainvillea will produce flowers year-round. In Texas, my Bougainvillea plants bloomed for more than half the year. Yet, here in Minnesota a Bougainvillea could never survive the harsh winter. Fortunately, tulips thrive in Minnesota. Every year

CREATE PROSPERITY

Creative Business: Embrace Your Nature

we eagerly await spring, excited to see tulips pushing their way out of the ground bringing the first flowers of the year. A field of tulips is breathtaking.

Why Most Business Experts Love Bougainvillea

It's simple. Regular and obvious results coupled with clear warning signs if things are going awry.

Like the plant, a business structure known to produce clear results every day makes it easy to determine if your methods are working. A misstep will make itself known quickly in a lack of new blooms or wilting leaves. This approach isn't inherently good or bad, just like Bougainvillea aren't inherently good or bad. They produce flowers under the right conditions. This way works best for those who enjoy having daily scheduled tasks as well as promoting their business regularly.

The Tulip: Another Way to Do Business

It may not look this way, but this approach is just as much work as the Bougainvillea. Tulips are active during their apparent dormant phase. Down below the frost line, the bulbs are growing an ever-larger root system. These roots will provide the strength to fuel both next spring's flowers and create more bulbs for future years.

This mirrors the creative process and the time required to let an idea take root. I often hear creatives say they're "letting their subconscious mull it over." This approach can create spectacular results like the stunning tulip fields in Europe, but it does have some disadvantages.

Unlike tulips which follow the four seasons, human creativity can unfold over a day, a week, a month, a year, or

CREATE PROSPERITY

Creative Business: Embrace Your Nature

even longer. The lack of predictability increases business risk, but you can offset this by having more than one project underway because some will be dormant while others are active.

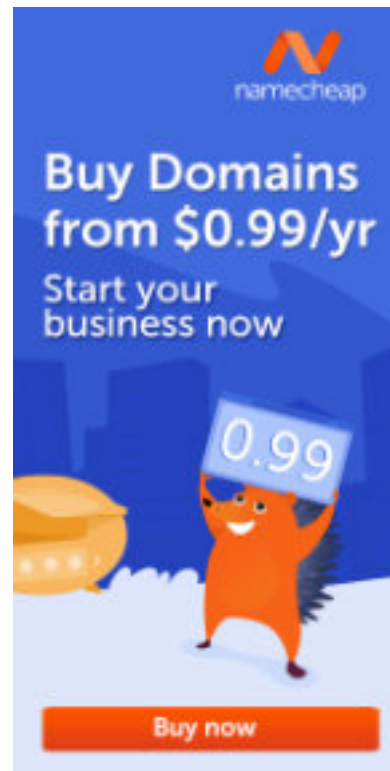
After a Tulip blooms, it enters a renewal phase. The plant wilts and yellows as nutrients and energy are sent back to the bulb. As a creative, you may find the last thing you want to do after finishing a project is to promote it. Your energy is already being sent back to your core, preparing for the next creative blooming.

Look for businesses and ways of working that work with your creative nature. Here at Creatopia™, we love Tulips and want to see you bloom.

Don't Fight Your Nature

Would you expect to grow a Bougainvillea from a Tulip bulb? Of course not!

If you're a Tulip, stop trying to achieve the impossible: you'll never magically transform into a Bougainvillea. Embrace your nature and look for a place to grow and bloom. The world needs to see your creative fields awash in a riot of color.



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ENJOY THE WOOD™

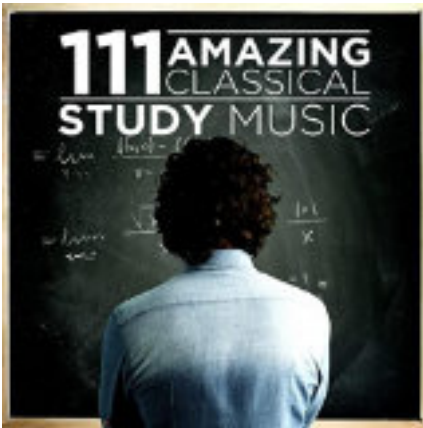
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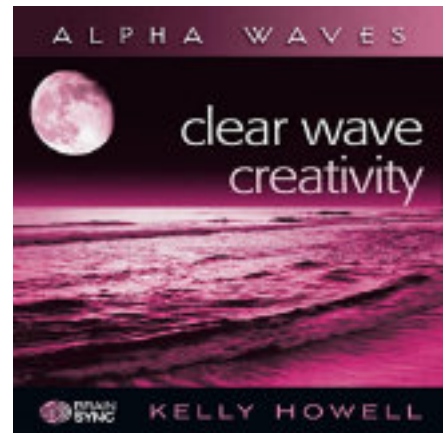
PLAYLIST

What to Listen to Now



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Clear Wave Creativity - Alpha Waves, by Kelly Howell. To buy: [Amazon.com](https://www.amazon.com)



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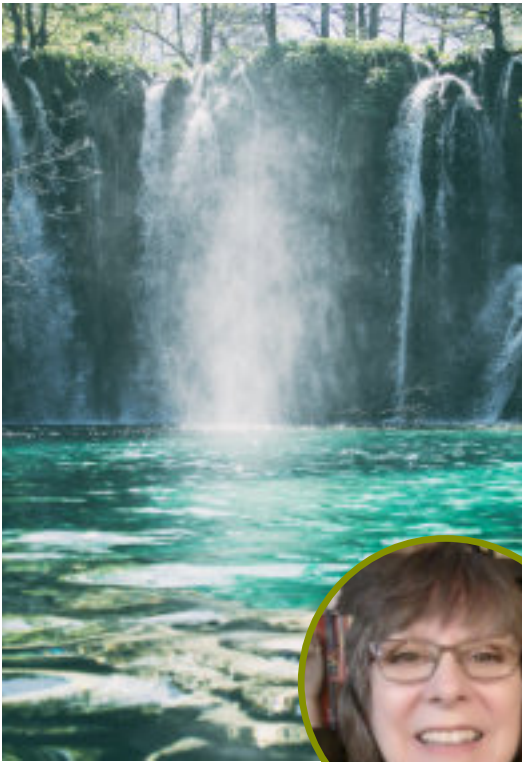
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CREATIVE QUESTIONS

What do you say to yourself?



By: Carolyn Hawkins

What do you say when you talk to yourself?

You know, the times when
... you're struggling.
... the great idea didn't turn out so great.
... you feel stuck.

When all the self-talk and positive affirmations fall on deaf ears, what do you say? What do you do?

Maybe it's time to stop talking, and start writing.

Have you ever written a letter to yourself?

What do you imagine your 10-year-old self would think of what you're currently doing?

What advice would you give to your 15-year-old self?

CREATIVE QUESTIONS

What do you say to yourself?

What would your future self say to you about your current situation?

If it feels strange to think about writing to yourself, write *about* yourself, as if you were describing a good friend to another person.

Keep it simple. Grab a scrap of paper, something to write with, and go.

Be positive. What have you accomplished? What have you learned? What is your favorite memory?

Start small. Is the thought of filling a sheet of paper overwhelming? Start with half of a sheet. Still too much? Go with an index card. Write one word, then another.

Don't want to commit to anything permanent? Write on a piece of toilet paper, and flush it when you're done.

(You may want to take a photo, just in case you change your mind later.) Or, you could write, and then paint, or color, or glue objects over it.

Writing out your thoughts is powerful. It can also be scary, and intimidating. There will be resistance. Write about your reluctance to write, about the thoughts you're thinking, the things you need to add to your "to do list", anything that comes to mind. If nothing else, you may do some of the



Striped Journal, To Buy:

[DayDesigner.com](https://www.daydesigner.com)

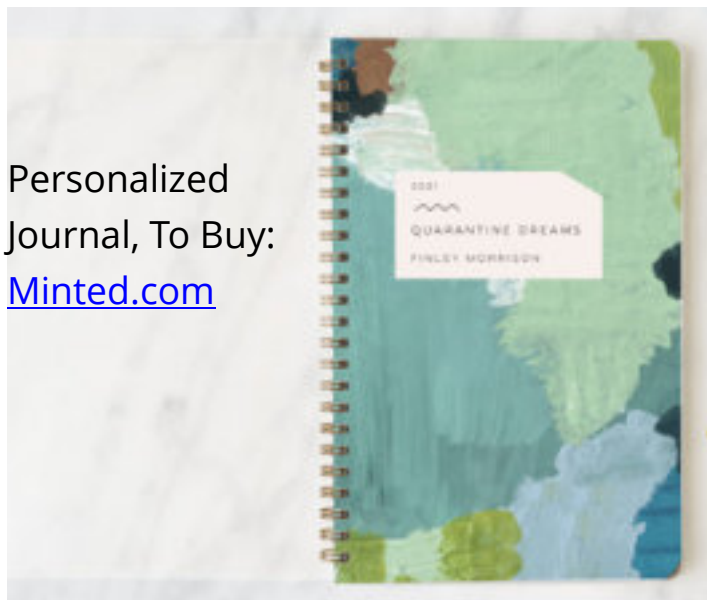
CREATIVE QUESTIONS

What do you say to yourself?

tasks you've been putting off in order to avoid writing.

When you continue to write, in spite of the discomfort, you're more likely to make progress. As with most things, if it's too easy, you probably aren't making any progress. Venture out of your comfort zone, and discover the wonderful new experiences that await.

Write about it today!



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anne maria
addison tate
ALICE BARKLEY
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POETRY

Beautiful Words

Feather Magic

Hope is as light as a feather.
As it wisps weightlessly pass my heart and tickles my soul.
Feather magic with its lightness of being.
Like eyelash kisses, giggling with pleasure.
The sweetness of its memory lingers on in my Mind's Eye.
Just thinking of it brings me lightness, where there was once darkness.
I smile ever so tender, so fragile like my spirit.
I am not so strong at times.
Small memories give me great hope.
There is great strength in places so fragile.
I will look for the light everywhere.
Feather Magic.



By Barbara Lager



COLOR INSPIRED

Nature's Sweet Moments



Feed your creative spirit with this whimsical coloring book from Jane Maday with over 50 designs and helpful tips on tools and materials.

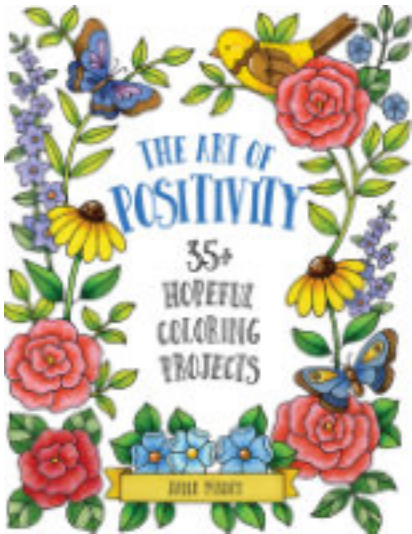
To Buy: [Amazon.com](https://www.amazon.com)





COLOR INSPIRED

The Art of Positivity



Here's a sneak peek at Jane's newest coloring book - it's coming out soon and available for pre-order. To buy:

[Amazon.com](https://www.amazon.com)



Cover courtesy of Soho Publishing, Artwork, Jane Maday

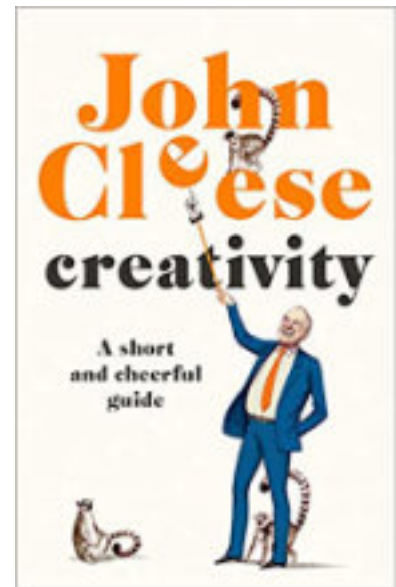


BOOKSHELF

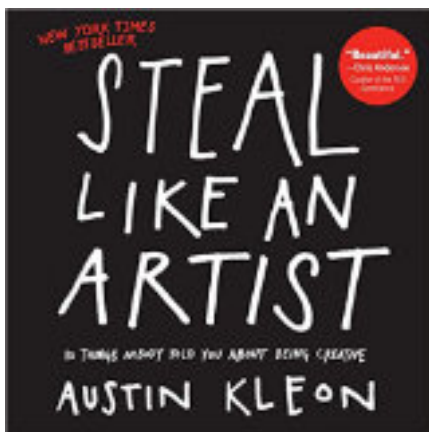
What to Read Next



The Artist's Way Starter Kit, Julia Cameron, To Buy: [Amazon.com](https://www.amazon.com)



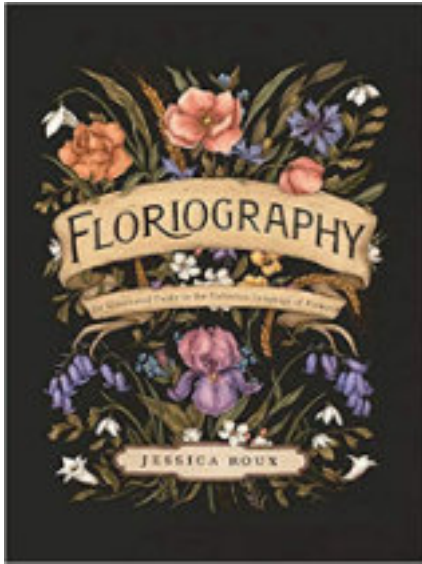
Creativity: A Short and Cheerful Guide, John Cleese, To Buy: [Amazon.com](https://www.amazon.com)



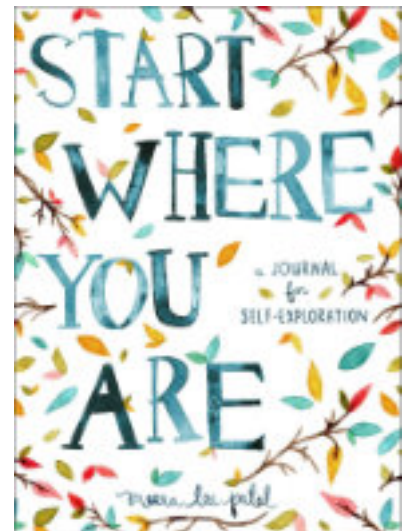
Steal Like an Artist: 10 Things Nobody Told You About Being Creative, Austin Kleon, To Buy: [Amazon.com](https://www.amazon.com)

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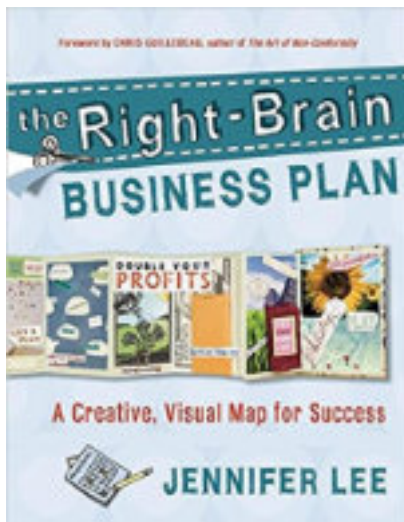
What to Read Next



Floriography: An Illustrated Guide to the Victorian Language of Flowers, Jessica Roux, To Buy: [Amazon.com](https://www.amazon.com)



Start Where You Are: A Journal for Self-Exploration, Meera Lee Patel, To Buy: [Amazon.com](https://www.amazon.com)



The Right-Brain Business Plan: A Creative, Visual Map for Success, Jennifer Lee, To Buy: [Amazon.com](https://www.amazon.com)

BOOK EXCERPT

Tree Spirited Woman

TREESPIRITEDWOMAN

Beginning - Chapter 1



By: Colleen Baldrice

This excerpt is from Colleen's award winning book *Tree Spirited Woman* - a story of spiritual awakening and life enrichment. Get your copy from [Amazon.com](https://www.amazon.com).

I first met her while hiking through the woods behind the college. She was old even then. Her face was lined from years of laughter, sun, and wind. Her light-brown eyes held flecks of gold, and I remember thinking she could see deep into my soul. I felt she knew my life and my thoughts. Her smile was very special. It brightened up her face, causing her eyes to sparkle. It was the moment I first saw that smile that I felt she could be trusted totally. Our unique relationship had begun.

I was in my third year of college and I loved to hike in the woods behind the school,

BOOK EXCERPT

Beginning, Continuation

especially in the fall. The leaves seemed to shout out. Their colors were so loud and glorious. Whenever I walked the woods, I felt at peace.

This particular fall day, while hiking deep in the woods, I stopped to rest by a grove of white birch trees. The trees seemed to be growing in a circular formation. It was then I noticed her, sitting on the ground, cross-legged, in the middle of the birch grove. Worried I had stumbled upon someone's private moment, I slowly turned and started to walk quietly away. That's when she said, "*Wait, Do not go. I was expecting you.*"

I stopped, looked around, and saw no one else. I looked at her. She was still sitting on the ground, but now she was looking directly at me as if she expected me to join

her. For a moment I was startled, yet there was something so familiar about her that I had to ask, "Do I know you?"

"*Not at this time,*" she answered in a voice that sounded much like my grandmother's. It was a voice deeper than that of the average woman, yet it had a soft quality that made me want to lean near to listen.

My uneasiness with the situation must have been obvious. She smiled the most beautiful, calming smile, and patted the spot beside her. There was no doubt she expected me to sit beside her. When I look back on that day, I'm still not sure what really happened. I just know that I soon found myself sitting cross-legged on the ground next to a strange woman, and it seemed to be the

BOOK EXCERPT

Beginning, Continuation

exact place that I was meant to be.

We sat together in silence for what seemed to be a long while. The need to know her overwhelmed me, not just her name, but her thoughts and her feelings. It was such a strong sensation that I knew this meeting was not a coincidence. She had said she was expecting me, but why?

“What’s your name?” I finally asked.

“I have had many names, but I am now called Tree Spirited Woman,” she answered quietly.

I didn’t want to be rude, yet I wanted to ask what other names she’d had, and how she had gotten the name ‘Tree Spirited Woman. As I sat there thinking these thoughts, she smiled and said, *“The other names are not important. If you would like to listen, I will tell you*

how the name ‘Tree Spirited Woman’ was given to me.”

I was sure I hadn’t spoken. How did she know what I was thinking? As I looked at her, confused, a calmness spread over me. It was at that moment I realized I was to hear her stories, but before I could ask her another question, she began.

“I was younger then, and much like you, I always loved to walk in the woods. It was a healthy wood, very much like this one. It, too, was filled with many different plants and trees.

“I was not always so trusting. It was a time in my life when I was feeling much emotional pain, as well as questioning which spiritual path to follow. While I walked, I talked aloud to my God. I was questioning my faith and what to do with my life. Finding myself

BOOK EXCERPT

Beginning, Continuation

deeper in the woods than I had ever traveled before, I felt the need to stop and listen. As I looked around, I found myself next to a large oak tree. I stood there, feeling the tree's heartbeat. It was not like your heartbeat or mine. It was a like a river flowing in the middle of the tree, much like the veins in one's body. I was unsure what to do next.

"Closing my eyes, I prayed to my God as I had never prayed before. 'What am I to do in this life-time?' I asked. I heard not a voice but a clear thought telling me to lift my branches, for I must learn to let go. Unexpectedly, my arms slowly began to rise, as if they had a mind of their own. I could feel my hands gnarl, much like the limbs of a tree. Not opening my eyes, I stood very still and listened. The voice was speaking

to me, now saying,

'You must be like the tree and trust in Me. I will take care of all your needs. See how I give the tree a time to rest. That time is called winter. It is a time for one to reflect and relax. When the time is right, the tree is given a new beginning. This is called spring; it is a time to try new ideas and take risks. Summer is a time of being. There may be some storms and pain, but, mostly, it is a time to just be content with where one is in life. There is always celebration in one's life, a time to be happy and shout out to others. For a tree, this

BOOK EXCERPT

Beginning, Continuation

season is autumn.

'It is important for you to become as trusting as the tree. Your seasons may not be as clear, but, still, they are there. It is now time for you to begin your new journey. You will gain much knowledge, and if you listen to all you meet, you will gain much wisdom. But first, you must let go of the pain you carry within yourself. There can be no growth until you let go and trust. Whichever spiritual path you chose to follow, I will be with you.'

"I was still standing with my eyes closed and my arms raised high in the air, feeling all my pain and doubts being pulled up through my

body and out my fingertips. The voice continued.

'You will be known by many names, but 'Tree Spirited Woman' is the name I give to you. Use it wisely, and when it is time, pass on the lessons you have learned.'

"I stood for what seemed to be a long while before I opened my eyes. There was a peace within me like nothing I had ever felt before. I knew then my life would not be the same." The woman paused, looked into my eyes and said, "That was how I was given the name 'Tree Spirited Woman.'

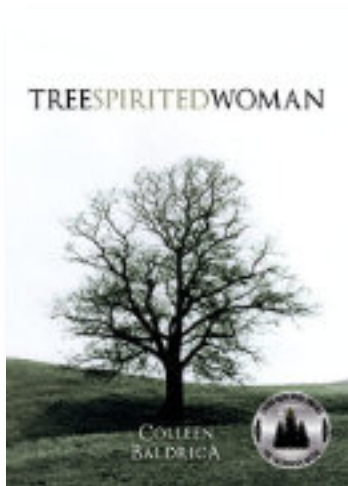
Panic started to fill me. I was sure this woman had gotten me mixed up with someone else. I

BOOK EXCERPT

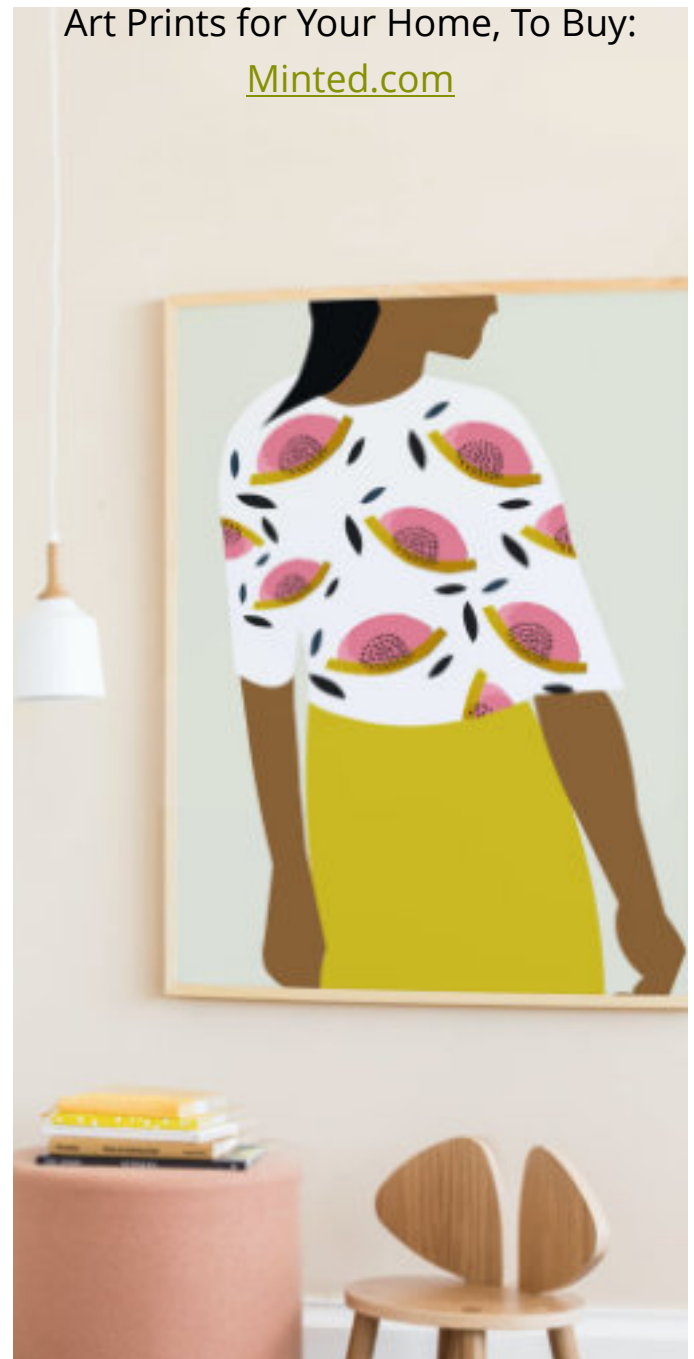
Beginning, Continuation

remember wanting to explain to her that someone else would be coming soon, and it would be her responsibility to pass on Tree Spirited Woman's truths.

She looked at me intensely and continued, *"You are the one. The gift of writing is within you, and it will make itself known in time. What I have to say is important. Women are questioning. Trust what I say. When it is time, the words will be given to you. Do not worry." ...*



Get Your copy at [Amazon.com](https://www.amazon.com)



Art Prints for Your Home, To Buy:
[Minted.com](https://www.Minted.com)

SHORT STORY

On the Other Side of Darkness



By: Jenn Bierma

She shyly peeks her head up from behind the white walls that she has felt trapped behind for the past seven months; buried in work that began in the fall when she was relocated to Minnesota. The sun is shimmering off the snow that remains on the soft and

mucky ground outside. The soil smells new, earthy and wet.

She breathes in deeply. *Ahh, fresh air!* Her arms stretch out toward the sun as if she is going to hug an old friend. She feels like she is being born into a completely new world. The sun nourishes her body. It nourishes her soul. Every day like this brings a new sense of wonder. Every day she grows more confident in her surroundings and her work seems to be getting easier. Her beauty is finally being expressed and noticed as her leafy hands unfold and her petals begin to open. Until now, she thought she was merely a bulb. She did not know that there was life outside of the cold soil she was born into. Her world is getting bigger, life is slowly unfolding and she has finally become the woman that she never knew was waiting on the other side of the darkness.



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WELL BEING

Singing Bowls

A singing bowl is a type of musical instrument that makes a sound when it is struck or rubbed in a way that causes it to vibrate. Singing bowls are often shaped in an inverted bell form and come in many different sizes - from a few inches to a yard across.

To produce a sound, singing bowls are often struck on their rim or side with a mallet.



WELL BEING

Singing Bowls

Singing bowls are often used as an aid in meditation and relaxation. Consider adding a singing bowl to your home - playing one is both enjoyable and calming and the bowls themselves are beautifully crafted and worthy of admiration.



Learn More:

[*Singing Bowls: A Practical Handbook of Instruction and Use*](#) by Eva Rudy Jansen

[*The Language of Singing Bowls: How to Choose, Play and Understand Your Bowl*](#)
by Frank Perry

[*Tibetan Singing Bowls, Breathe*](#) (Album)
by 33bowls



WELLBEING

You Were Made to Bloom



Spring, 2021

To My Dear Friend:

It's almost Spring. Therefore, it's time to BLOOM!

Did you know an uncommon synonym for the word *unfolding* is the word *bloom*? Whenever you escape into your creative side to hand embroider a piece of wool, paint a blank canvas, gingerly mold pottery, water a houseplant or any of the many forms of creativity, you're choosing to unfold an awe-inspiring part of yourself.

Like many creative people, you may feel the pain of being folded too tightly and don't know how to begin to unfold.

By: Joanie Lewis

WELLBEING

You Were Made to Bloom

It's perfectly natural to feel this way. Unfolding your creativity begins simply with your willingness to start. Whenever you choose to create, you're daring yourself to BLOOM. And when you BLOOM, you bring forth the best part of yourself.

Deep inside the roots of your soul, is a garden of intricately woven flowers, each delicate petal patiently waiting to bloom. The flowers inside of you can only bloom when you give them permission.

Perhaps you're stifling your creativity through self-judgment, (I'm not creative enough) or self-comparison (They're so much more talented than I am) or self-defeat (It's too hard or I don't have time). Only you have control over if your creative garden will bloom in Spring. The alternative is to wither away. Withering isn't a good choice.

Do you know why? It's because YOU were born to BLOOM.



Find Blooming Tea on [Amazon.com](https://www.amazon.com)

WELLBEING

You Were Made to Bloom

So, grab your favorite notebook and pen and begin to doodle-dream a little about how you want to bloom this Spring. And don't forget to have a cup of Blooming Tea at your side.

What's Blooming Tea? Blooming Tea is a purely elegant and artful innovation that imitates the blooming of flowers.

Each hand-sewn blooming tea is a natural flower wrapped in green teas that literally bloom as they're steeped. The tea is antioxidant rich with a combination of health benefits. Since green tea contains theanine, it reduces stress, relaxes your brain, and lifts your mood. It also contains just enough caffeine for a subtle boost of energy. And, depending on the flower you choose, other healing benefits may also include lowering pain and inflammation, improving digestion, or boosting cognitive health. When you

have clear thinking, your creativity can't be stopped!

The recipe is so simple. Pour 8 ounces of boiling water over the Blooming Flower of your choice and be amazed at the beauty that unfolds right before your eyes and inside your soul. Choose a clear cup so you can enjoy the view.

It's true that we're living during some puzzling times. But always remember: Wherever you've been planted in this soil called life, it's your time to BLOOM!

Be still and bloom,

Joanie

Find Blooming Tea on [Amazon.com](https://www.amazon.com)



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FROM HAWAII WITH ALOHA



EVERYDAY CREATIVITY

New - LEGO Botanicals!



The LEGO you know and love is now available in a new range of mindful models for the green-fingered. The decorative LEGO® Botanical Collection includes a stunning LEGO® Flower Bouquet to brighten the home, and a LEGO® Bonsai Tree for those looking to be more zen in the new year.

While many people seek out green spaces to destress and relax, adults can now bring a touch of nature into their home and unwind as they create and customize their botanical builds....and the great news is that LEGO plants don't need to be watered to stay fresh.

EVERYDAY CREATIVITY

New - LEGO Botanicals!



Surprise a friend or show yourself some love with a gift that keeps on giving, a beautiful flower bouquet that's anything but ordinary, and won't wilt! The 756-piece set features a host of beautiful blooms in an array of stunning colors that older builders can customize as their flowers flourish.

The art of bonsai has captured the imaginations of tree lovers for centuries. Builders can enjoy a sense of calm as they carefully shape the bonsai tree model with either green leaves or pink cherry blossoms. When you're ready for a change or when the season starts to turn, it's easy to swap the colored crowns to create a totally new look.



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Canvas print based on "Lotus Flowers" - collotype print by Kazumasa Ogawa, dated approx. c. 1887, To Buy: Creatopia.Studio



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