



Art Inspires Creativity – and a little MAGIC!

In 2022, Desireé Maultsby found herself without a job when her position was eliminated. “I was scared as hell, but I was also relieved because I thought, well maybe now I can do what I really want to do.”

Desireé has a master's degree in Transpersonal Psychology and a certification in Transformational Coaching. Creativity and innovation were core elements in her studies and continue to be core to her work today. She also studied “The Painting Experience” with Stewart Cubley, where she learned about the process of empowering people to lead more

courageous and meaningful lives through the practice of process arts.

Based on that background, Desireé decided what she wanted to do was develop a program called “Creative Dream Circles”, which came to her directly through her creative painting process. “I played some music and just let the brush guide me.” From that process, she created two paintings and posted them on Facebook with an invitation for people to join her. She had an inspiration and she knew she wanted to share it, but she had no idea where she would meet people or how she would afford supplies for the program.

“I was on my way to a place where I thought I could host the group, when I just spontaneously decided to stop at The Drawing Studio.” She ran into Co-Executive Director Anton Russell, who listened attentively to her idea and surprised her by saying, “We can make that a reality if you want to do your program here as part of our Be READI program.” Desireé would have the space and the supplies, thanks to funding in the Be READI program. Not only that, but she would also get paid.

Desireé says that was a magical, spiritual moment where people and ideas came together to create something special: the Creative Dream Circles. This program is an experience that uses a style of painting referred to as “process painting”. Participants in the program receive guided support as they explore their intuition, disrupt the ideals of perfection, and reclaim the essence of play. Creative Dream Circles are sacred spaces where people have an opportunity to take a deep dive into the source of their creative flow. Desireé says, “It's like graffiti for the soul.”

The first session, most of the people who showed up were Desiree's friends. After that, the program took off and the sessions were full. Desiree's inspiration now inspires others on a regular basis through these transformative, powerful classes. She is not only sharing her skills with the TDS community but also pursuing work that resonates with her soul and leaves a mark as a spiritual wellness provider.