

STATE^{OF} *Flow*

Poetry and Music Sessions

Presented By:

Luna Corbetta

Derran Eaddy

Info@Solstik.com | 202.643.8821





Connected Mindfulness

To drift, flow, and
swell in the current,
like the churn of a
rolling wave.

State of Flow is an intimate, interactive poetry and music experience that invites participants to drift and flow like the churn of a rolling wave. Poets and artists Luna Corbetta and Derran Eaddy guide each session, which blends international voices and universal songs with mindfulness and community storytelling.

Through a welcoming open-mic format, the program explores themes of healing, resilience, transformation, and the power of human connection. Session participants share their creativity in rotating cycles, with each artist given approximately five minutes to present their work.

Oceans of Thought and Imagination



Designed to foster creativity, listening, and authentic dialogue, State of Flow creates a facilitated space where emerging and experienced artists can engage with one another through thoughtful expression. The curated format encourages interaction while maintaining an intimate atmosphere that supports meaningful exchange and collective inspiration.

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Luna Corbetta

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Luna at the Museo Casa Estudio Diego Rivera & Frida Kahlo in Mexico City.

Luna Corbetta is a published poet, Partner at a leading global professional services firm, and certified Jungian life coach whose work explores purpose and transformation. Born in Madrid to an artistic family, she began writing at age eleven and published her first collection of poetry and prose, “Solo después, después,” at eighteen. Today, her coaching method, “**The Corporate Forest**”, explores the intersection of intuitive wisdom, workplace culture, and leadership.

Having lived in Spain, Germany, Austria, Mexico, and the United States, Luna is a multilingual, global citizen and brings a multicultural perspective to her creative and professional work. Based in Washington, D.C., she co-hosts State of Flow poetry and music salons with Derran Eaddy, regularly performs at BloomBars' Poema Abierto, and belongs to Tintas D.C., a community of poets and storytellers.

She holds a Master of Public Administration from Syracuse University and a Bachelor of Law from Universidad Autónoma de Madrid.

Derran Eaddy

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As a lifelong education advocate, Derran is a Smithsonian Ambassador and previously served as a New Mexico Commissioner on Higher Education and U.S. Senate policy fellow.

Derran Eaddy, M.A., is an award-winning multimedia artist who has been based in Washington, D.C., for the past 20 years. As the founder of Solstik: Music and Media, he co-hosts the State of Flow sessions with Luna Corbetta.

Formerly, Derran shared his poetry at Blast Your Own Breath events held at the Movements Art Gallery in Austin, Texas, and then transitioned his focus to writing song lyrics and composing music.

He has seamlessly worked across genres as an accomplished pianist, house DJ, and music producer, performing at major venues, such as the Kennedy Center, the House of Vans shoes, and the National Cathedral/St. Alban's. He DJed the Dupont Circle Art All Night and H Street festivals, as well as events for the World Bank, French Embassy, and National Children's Hospital.

Derran holds both a master's and a bachelor's degree in mass communications from Eastern New Mexico University. Visit **Solstik.com** for more.

Video Links



**See creative works on the Solstik
YouTube page:**

Poetry and Music Selections
<https://youtu.be/CzJN9CkQjcE>

BloomBars' Poema Abierto
<https://youtu.be/ZjIWqdAbONI>

Piano Session
<https://youtu.be/f7PMjIm4ULs>

The Corporate Forest
<https://youtu.be/8EbQ2dH0Ohw>

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 **YouTube**

Promo Photos

High-resolution images from this presentation and additional media photos are available.





Connected Mindfulness

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Blending poetry, music, and mindful reflection, State of Flow invites audiences to connect with artists, discover new voices, and experience the transformative power of creative expression to foster healing, understanding, and community.

We welcome the opportunity to answer any questions and look forward to hearing from you.

Contact:

- Luna Corbetta: Corbetta.Luna@gmail.com | 347.237.2514
- Derran Eaddy: Info@Solstik.com | 202.607.6894



Additional Information

The following slides include:

- Luna's select poetry samples
- Derran's music and photography samples
- The Corporate Forest video

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The Corporate Forest



The Corporate Forest, produced by Luna Corbetta and Derran Eaddy, follows the modern career journey through an ever-changing world of challenges and accomplishments. Guided by the instinctive strength of the wolf and the nurturing compassion of the deer, the story reveals how leadership, empathy, and collaboration shape our professional lives.

Watch Online:

<https://youtu.be/8EbQ2dH0Ohw>



Light Session

By Luna **Corbetta**



Hollow bone, vessel of light,
you dip the sea into my life.
You play with colors, you call my child
to feel the rays, to touch the stars.

Your temple is sound and white.
You welcome love, pure and divine.
Your crystals shine,
catching the particles
that heal and dance.

My spirit guide arrived.
He knows the sacred.
You do it softly,
while holding hands
with pure delight.

Your light is light,
glimpses of hope.
You give and land
a tiny universe
into my heart.

And with your hands,
your chants and eyes,
you touch the parts
that carry pain,
to let them go,
to make me fly.

We travel far,
flying in space,
playing with sun.
My body glows
with warmth and fire.

You feel the crack,
my chest untied.
The yellow bird
escapes the cave
and fills with powder
the dark insides.

There is no rush,
you tell me.
As I open my eyes,
I see you write
about the little girl
that lives inside.

She looks around
and finds the toys,
the little rainbows
that she enjoys.
You gave me and her
the joyful ride,
where time stops
and bliss is life.

Poetry

Frida

En español and in English

By Luna **Corbetta**



Hay que ser más como Frida
que le decía caca a todo
y amo a Diego con furia
para al final de sus días
vivir en su casa y él en la suya

A ella que le faltaban vidas
para pintar y hacer lo que más quería:
amar, bañarse y amar
no le asustaba el dolor,
ni los huesos, ni la ironía

Frida pintaba lo que veía,
ni surrealismos ni monerías,
sino retratos con monos
venados ensangrentados
y bañeras de alegorías

A Frida no la invitaron
como a Diego al estrellato
en la sombra, retraída,
sin ambición, reconocía
necesitar al arte para completar
su existir y su alegría

Como ella yo quiero
tomarme todo a risa
no fustigarme, ni obsesionarme,
quiero dejar que mi cuerpo desate
las lagartijas y los canarios

Y cuando el dolor asome
engañarlo, no hacerle caso,
que no hay tiempo que perder
tengo que escribir al mundo
tanto como Frida pintó el suyo

(En español)

We should be more like Frida—
who called bullshit on everything
and loved Diego with a fierce, burning heart,
only to end her days
each in their own house.

She, who needed more than one lifetime
to paint and to do what she loved most—
to love, to bathe, to love again—
was never frightened of pain,
nor of bones, nor of irony.

Frida painted what she saw.
No grand surrealism, no pretty tricks—
portraits with monkeys,
bleeding deer,
and bathtubs heavy with meaning.

No one lifted Frida
to the fame they gave Diego.
From the quiet of the shadows,
free of ambition, she knew
she needed art to complete
her joy, her very being.

Like her, I want
to laugh at everything,
to stop punishing myself, stop obsessing.
I want to let my body loose—
lizards, canaries, all of it.

And when pain comes near,
I want to outsmart it, ignore it.
There is no time to waste.
I have to write myself into the world
the way Frida painted hers.

(In English)

Poetry

Decido

A mi abuela

By Luna **Corbetta**



Decido
porque ya era hora
decido no darle vueltas
decido estar contigo

Vivir, cantar, bailar
entre las olas
en el murmullo
se va lo que me sobra
deja paso a lo que es mio

Decido que mi salud
no es el centro, no es mi mundo
que mi mente no se inventa
mas dolencias, mas castigos

Decido
no mas augurios
ni carambolas
ni torbellinos

Decido
sin preguntar
sin dudas
decido decidirme
que ya se ha ido
esa razon que me arrastra
ese obelisco perdido

Decido
como lo haria la abuela
cruzando al bando enemigo
con la frente alta, digna y altiva
decido ser como ella
que puso el amor por delante
y nunca el dolor la pudo

Las pamplinas se acabaron
no mas pildoras de sacrificio
decido ser feliz y comer lo que me plazca
y parar de rebanar el pan de mi suplicio

No rumio, ni vomito
decido que me toca ahora
ser la que siempre he sido
no voy a cargar yunques
ni cinturones de trigo

Los leones centinelas
dejan el monte de venus
al marcharse me doy cuenta
que la castidad, el ayuno
no tienen ningún sentido

Decido que se acabo
que lo que hasta ahora
he vivido, hay que dejarlo atrás
para que entre la brisa del mar
con todo su calor, con todo su brío

(En español)

Poetry

I Decide

To my grandmother

By Luna **Corbetta**



I decide
because it was already time
I decide not to go in circles
I decide to be with you

To live, to sing, to dance
among the waves
in the murmur
what I don't need drifts away
so what is mine can enter

I decide that my health
is not the center, not my world
that my mind no longer invents
illnesses, punishments

I decide
no more omens
nor coincidences
nor whirlwinds

I decide
without asking
without doubts
I decide to tell myself
that what dragged me down is gone
that lost obelisk of reason

I decide
as my grandmother would
crossing to the enemy's side
with head held high, dignified and proud
I decide to be like her
who put love first
whom pain could never defeat

The nonsense is over
no more pills of sacrifice
I decide to be happy and eat what I
please
and stop slicing the bread of my suffering
will not ruminate or purge.

I decide that now is my time
to be who I have always been.
I will not carry anvils
or belts of wheat.

The guardian lions
abandon the Mount of Venus,
and as they leave I understand
that chastity and fasting
no longer mean a thing.

I decide it is over
that what I have lived until now
must be left behind
so the sea breezeway e can come
with all its warmth, with all its zest

(In English)

Poetry

Solstik: Music

By Derran **Eaddy**

Solstik Music is the sound of life transforming into harmonic patterns, though sometimes breaking with reflective dissonance—from acoustic piano and lead vocals to electronic house DJ sessions and sets featuring MIDI keyboard instrumentation. Visit **Solstik.com** for more.



Music

Solstik: Music

By Derran Eaddy

As a former Element Skateboards team rider, Solstik performed original music at the House of Vans skatepark and music venue in Brooklyn, NY, and the Kennedy Center's groundbreaking Finding a Line: Skateboard, Music, and Media Festival. He organized a series of young professionals events for the World Bank Group and other NGOs and nonprofits and has performed at a range of other venues.



Music

Solstik: Media

By Derran **Eaddy**

As a multi-media artist, Solstik Creative Founder Derran Eaddy, M.A., traveled around the world taking high-resolution DSLR photographs on each of our planet's seven continents, including Antarctica. His digital images shine The Force of Light on culturally significant destinations and connect old-world civilizations with today's modernism.



Photography

Solstik: Media

By Derran Eaddy

Thousands of Derran's photographs are featured on his **Flickr page**, including images from an African safari in Kenya, a journey through Angkor Wat in Southeast Asia, visits to multiple countries across Europe, a South American excursion to the Amazon River and Machu Picchu, and a voyage to Antarctica. In the U.S., he's photographed many renowned landmarks and hidden treasures.

Derran's photographs have been featured in Mashable's Photo Challenge and have been shown at the Touchstone Gallery and other spaces in Washington, D.C.



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