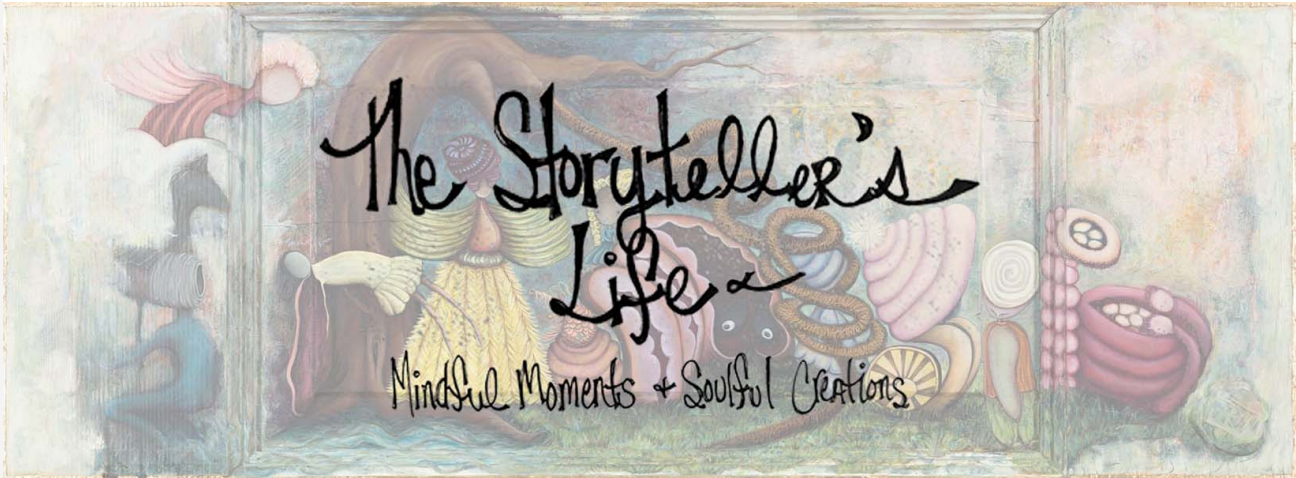




I believe play and imagination are essential parts of being human, so I create oil & mixed medium paintings that invite quiet contemplation and personal storytelling.



October 4, 2025

Hello Reader,

Thank you for joining me this week! Like a series of work the process of creation continues. Not only in my studio and life, but also with this newsletter. You may have noticed I have assigned a title for it :) The idea of such was suggested by a dear friend. And my Grandma once said, “a work of art is unfinished unless it had a title”. What is a newsletter if not a work of art? Thus, ‘*The Storyteller’s Life ~ Mindful Moments & Soulful Creations*’ was born. A perfect sum for all that my newsletter contains for you!

WHAT I’M LOVING RIGHT NOW....

→ [The Wonderful World of Eva](#) ~ a beautifully illustrated book of imaginative creatures and their backstory. I’m savoring each page, thoroughly enjoying the world Eva created.



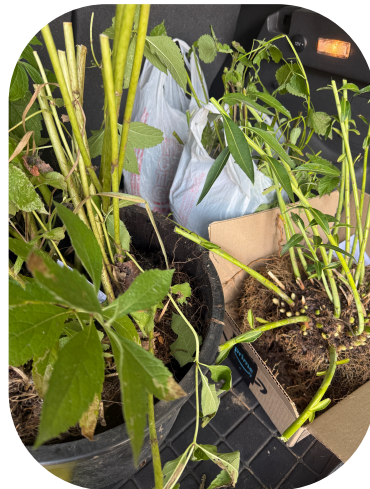
→ Moving and dividing perennials in our garden. It's the best time of year to do so, while the plant roots have time to establish themselves before the cold sets in.

→ Squash Tomato Soup ~ I adore soups and this will be one of our dinners this next week. It's a perfect bridge between late summer and early autumn when there are both tomatoes and squash coming in from the gardens.

→ I also love cookbooks. Local author, Tricia Cornell's "Eat More Vegetables" is where the above recipe came from.

My takeaway is: embrace the season we are now in. Let what no longer serves you to gently fall away like the leaves from the trees.

I gently ask you: what is no longer in your best interest to hold onto?



As always, my work carries the thread of quiet contemplation and personal storytelling. If it speaks to you, I hope it offers something gentle and grounding.

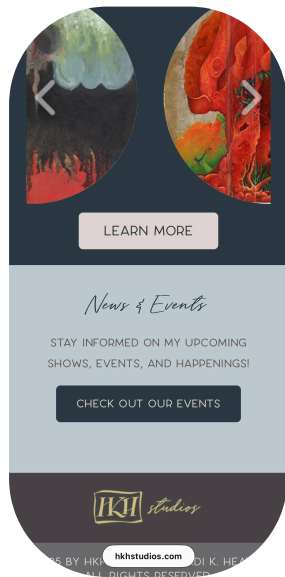
*Until next time,
Be well,*

Heidi

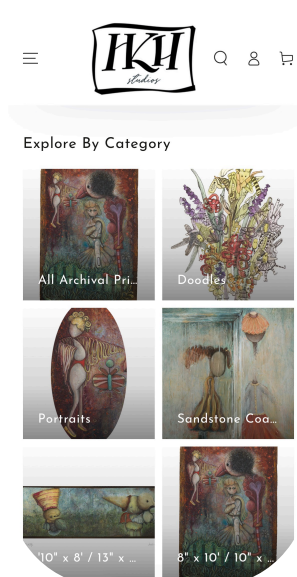
Connect Further!

I invite you to reach out to me if you are interested in a **Studio Visit**. I also welcome **Inquiries** regarding the availability of my oil & mixed medium work: Stories on Wood, Abstractions and Gems of Being. Just reply to this email!

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Please note: I aim to share my experiences and knowledge; rather than to promote or push specific sources onto you.

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