



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.



SEPTEMBER 1 ~ NEWSLETTER

Dear Reader,

Thank you for joining me this week. As always, I hope this finds you well. At this turn of seasons I've been inspired by the crickets song in the background of my days, the slight chill in the air upon waking, and the dew drops on the spiderwebs found in the grass. Nature's whisper that change is underway.

WHAT I'M LOVING RIGHT NOW....

→ [Insight Timer](#) ~ with hundreds of thousands of free meditations I'm sure you'll find one that invites you to pause

→ [Ora Cacao](#) ~ my absolute



favorite for so many reasons. Infuse your cup with gratitude for a beautiful grounded start to your day

→ Thistlefoot, A Novel ~ from lyrical prose to magical realism to folklore I savored the visuals that came to life

MY TAKEAWAY IS....

....to lean into comfort and to savor each moment as much as possible. Life is short and it's up to me on how to live ~ not by someone else's rules, but my own.

& LIKE RILKE

SUGGESTED:

"....live the answers now...."

I ask you: what questions are you living right now?



COME & DISCOVER....

STUDIO WEST ART TOUR
HOPKINS CENTER FOR THE ARTS

12 Locations. 35 Artists. Something for everyone!

Saturday, September 13 | 10 am - 5 pm
Sunday, September 14 | 11 am - 5 pm

Now in its third year, the art event formerly known as the Lake Minnetonka Studio Tour returns with over a dozen new artists and tons of amazing art.

...the art that speaks to you and go home with an original piece.

Plus! I'll be offering live oil & cold wax demonstrations at 12PM and 3PM each day.

For the map, addresses and printable brochure, please click:

[LEARN MORE](#)

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*

[EXPLORE MORE](#)



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