



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 16 ~ NEWSLETTER

Dear Reader,

Thank you for joining me this week. Through a guided meditation I was recently introduced to the word “soulfulness”. I am now in love with this word which emphasizes connecting in a meaningful way, leading to a greater sense of wholeness and well-being. It’s not unlike mindfulness as both take place in the present moment. Yet soulfulness is anywhere the soul is present. It’s the word for what I experience not only when I’m out in nature, but also when I paint my Stories on Wood and Abstractions. I’m so happy to now have a word for what it’s like as I express myself more deeply and authentically in today’s world.

WHAT I’M LOVING RIGHT NOW....

→ [Living Soulfully](#) ~ the meditation I referenced above



and the one that I have listened to a few times already :)

→ Soulfulness ~ the definition

→ Salsa ~ I love recipes and this is my version, full of the flavors of the late summer harvest

My takeaway is: whether it is being mindful of self or the quality of being soulful, both are important ways to help you take care of yourself in today’s busy and chaotic world.

And as Rumi, one of my favorite poets, said:

“When you do things from your soul, you feel a river moving in you, a joy.”

So I gently ask you: how can you add more soulfulness to your own life?



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*

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



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