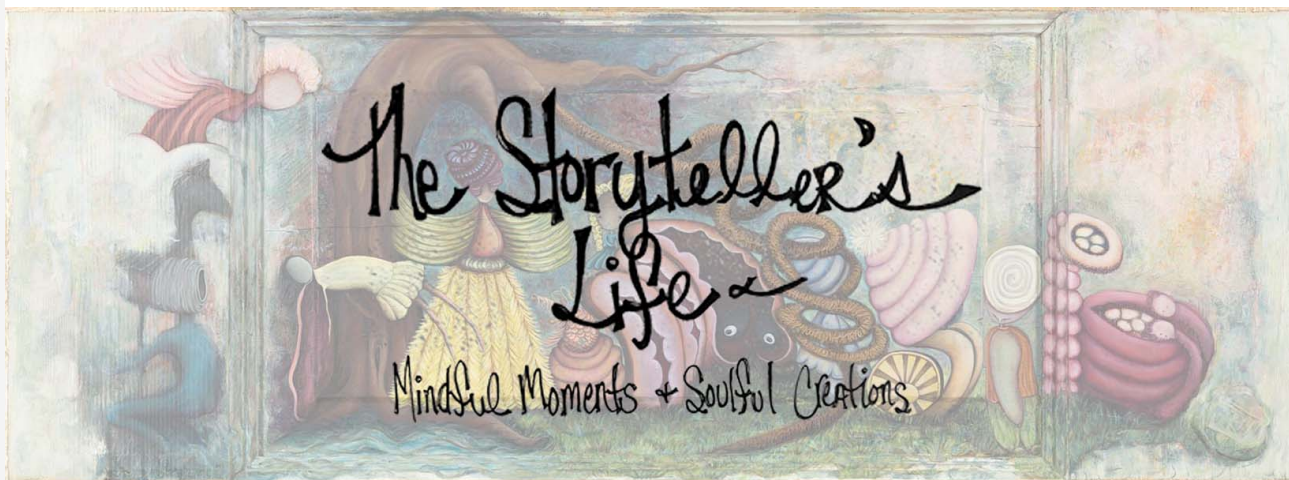




*I truly believe in the importance of play, while being authentic and telling our stories.*



**January 9, 2026**

Hello to you in 2026,

I want to acknowledge this is a very hard and challenging time for many of us as we see what's happening to friends, family, and the communities we have always supported. I get it. I am there too. I know it's not easy to, yet I firmly believe it's important to balance what we take in with moments of beauty and gratitude. I hope my 'Loves' below offer a bit of light to you, no matter where you are ❤️

### **WHAT I'M LOVING RIGHT NOW....**

→ Any creative practice ~ I absolutely love painting, yet as this article says one doesn't need to be an artist to be creative!

→ January ~ Recently I learned that even though the calendar year says it's the New Year with



Yesterday, I spotted immediately upon entering the coop my favorite flower, the tulip. It brought me such joy and I could not leave without taking a bunch with me to put throughout our home. My husband also very much appreciated this gift of life and beauty.

**My takeaway is:** if we don't take care of ourselves we will not be able to help others.

**So I gently ask you:** what gentle, bit of self care can you do, right now?

## In the Studio, Update:

✨ **First off** – I changed my mission statement again 😊 It is now ***“I truly believe in the importance of play, while***

the idea of resolutions, fresh starts, etc. It's also still winter where we are meant to still hibernate, percolate ideas, and be cozy.

→ [50 Self Care Ideas](#) ~ As you can see I crossed off 'bad and replaced it with 'good'. If we don't practice self care on the good days, it's even harder to pull out these tools when we are having bad days.

***being authentic and telling our stories.***” Somehow, a new part of me, a quiet determination, has come forth. And I’m curious and excited how this part will unfold in my work as well as here and on social.

✨ **Secondly** – remember a month or so ago, I alluded to a new idea on paper? Well, I’m pleased to say it’s underway! With my Stories on Wood, they all begin with finger painting. And I realized awhile back that I don’t have enough play in my days. Thus. I am creating paintings that are purely done with my fingers and acrylic. It’s been immensely satisfying on so many levels 🥰



✨ **Thirdly** – I’m figuring out what shows and fairs I’ll be applying to for this year. Of course, as I referenced above, I’m taking January slow and gentle (thankfully the deadlines are next month) 😊

---

✨ Thank you so much for being witness to my journey as an Artist and a Being on this earth. I look forward to sharing more with you. AND I would so love to hear from you ~ if you are so inclined to reply or share back 🙏

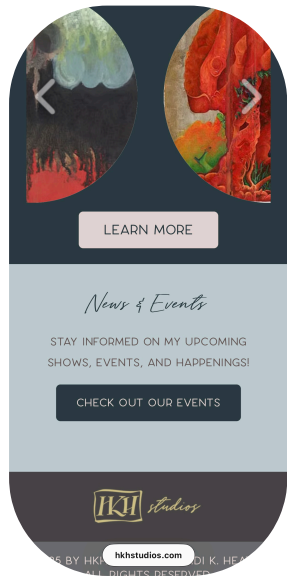
*Until next time,  
Please be well,  
Heidi*

---

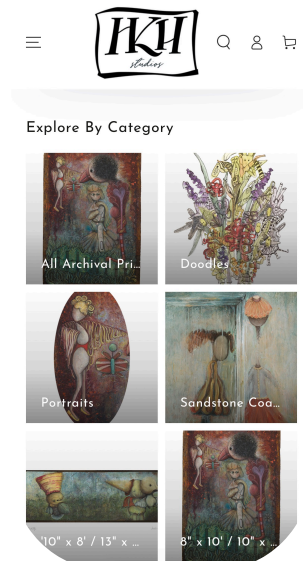
**Connect Further!**

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!

### Visit my Website:



### Visit my Store:



Share with a Friend



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

Copyright (C) \*|CURRENT\_YEAR|\* \*|LIST:COMPANY|\*. All rights reserved.

\*|IFNOT:ARCHIVE\_PAGE|\*\*|LIST:DESCRIPTION|\*\*|END:IF|\*

Our mailing address is:

\*|IFNOT:ARCHIVE\_PAGE|\*\*|HTML:LIST\_ADDRESS|\*\*|END:IF|\*

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe](#)

[View this email in your browser](#)