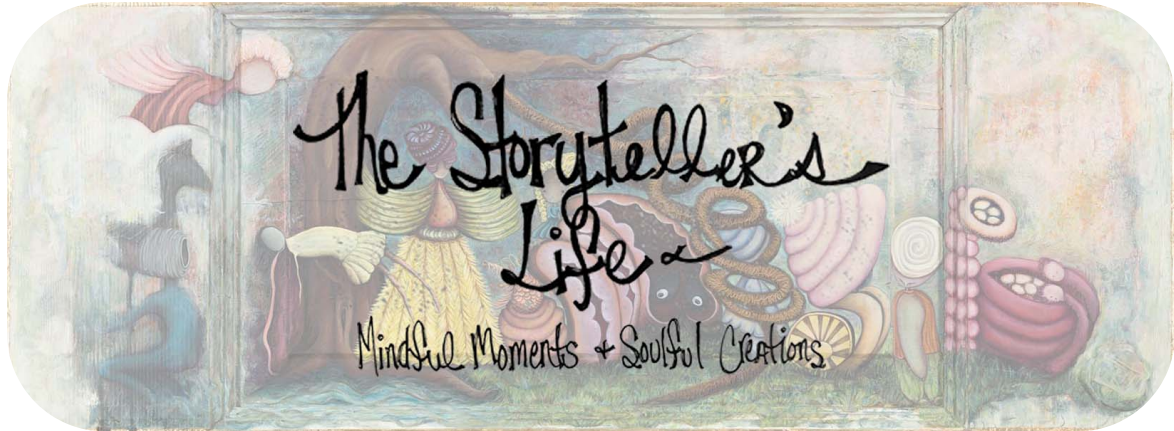




I believe play and imagination are essential parts of being human, so I create oil & mixed medium paintings that invite quiet contemplation and personal storytelling.



December 4, 2025

✨ Hello dear Reader,

I don't know about you, but I'm loving this month thus far! We've received a fair amount of snow already and it's been chilly (or cold for some 😊). Daily I soak up the nuanced beauty found in our winter garden, admiring the light or myriad of greys with each passing darker and shorter day. I am also so appreciative of nature's demonstration as it naturally does what it knows. My internal season as well is being called to unwind, go deep, and slow down. Granted, hibernation is *the exact opposite* of what this time of year has us programmed to do and to be. This contrast isn't easy; I get it. So I hope the following may be of solace or of help.

WHAT I'M LOVING RIGHT NOW....

→ [If You Are Afraid of the Dark, Remember the Night Rainbow](#) ~ this is a children's book my dear grandmother gave me when I was young. Not only may it be helpful for some



→ The poem below by yung pueblo ~ is one of which I love in his 'The Way Forward' book.

during these December days,
but also for living in the world
we are in today.

→ The Way Forward ~ This isn't
my favorite yung pueblo book,
yet I was/am drawn to the title
as it fills me with hope. (Clarity
& Connection is my favorite.)

*your capacity for happiness
quietly expands
whenever you let yourself sit with
your sorrow.*

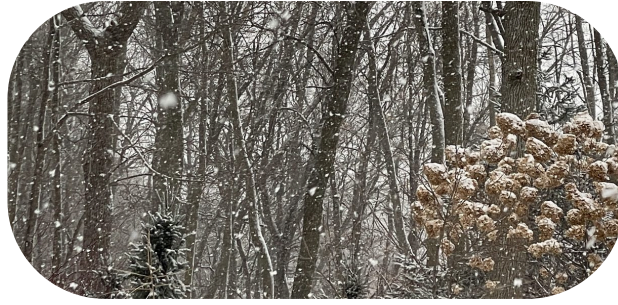
*when darkness no longer scares
you, your mind will be able to
perceive more light.*

*each moment you spend tending
to your old wounds makes space
for new peace.*

*each moment of forgiveness
gives you new direct routes to
joy.*

*when you decide to let yourself
feel, unbind, and let go, you
naturally start receiving the life
with gentler hands.*

*the quest you take to free your
heart from the past
simultaneously elevates your
future and improves your ability
to love.*



My takeaway is: to take time for myself each day to be cozy. To reflect, create, and dream...

So I gently ask you: what silver lining(s) are you able to find right now?

In the Studio, Update:

Currently, I've been:

- working on the embroidered embellishment for my latest work in progress,
- teasing out a new idea on paper,
- and hosting a life drawing class near every Tuesday evening (if you live near the Twin Cities, and are interested in joining, please reach out!)



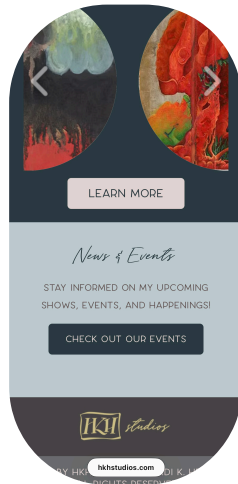
As always, my work carries the thread of quiet contemplation and personal storytelling. If it speaks to you, I hope it offers something gentle and grounding.

*Until next time,
Be well,
Heidi*

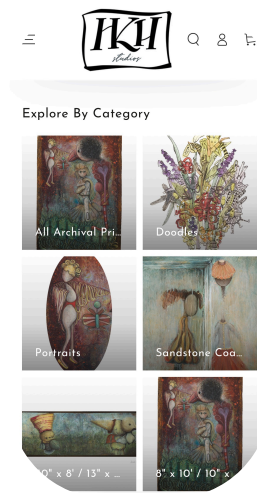
Connect Further!

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!

Visit my Website:



Visit my Store:



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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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