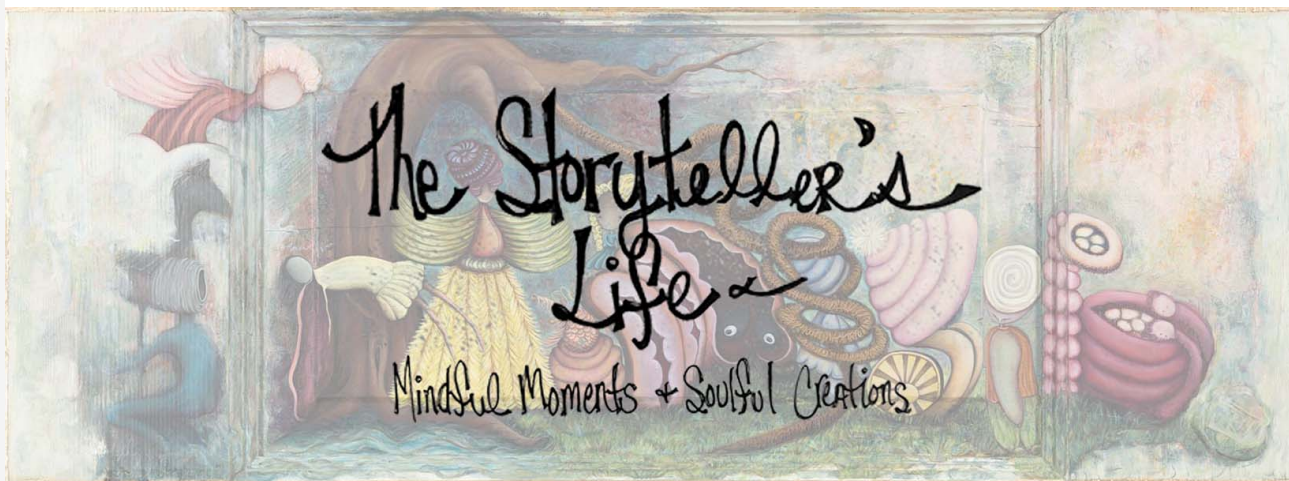




I truly believe in the importance of play, while being authentic and telling our stories.



February 19, 2026

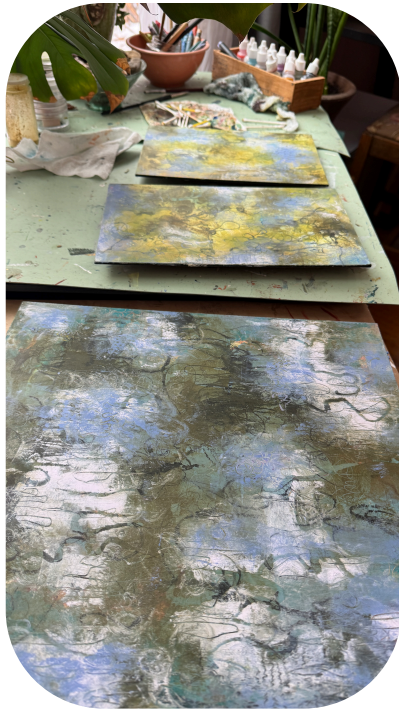
Hello on this day of very heavy yet beautiful snow,

I can still feel it's weight (having just shoveled) in my arms and it matches what I feel in my heart right now. Yesterday I was reminded by the fact we are not immortal – my dear therapy horse Bingo is undergoing a lifestyle shift to accommodate inflammation in his left foot and we were also informed a friend of ours had passed away the other day. Witnessing Bingo, my rock, in a stall quietly shifting his weight is the opposite of our usual movements and energy. And knowing the dinner we promised each other last year is now never to be.

It's really given me pause. How can I best show up for others to be a support for them when their times are tough? How can I show up for myself and take back my power, mindfully making choices that authentically align with who I want to be vs. the 'shoulds' of someone else's idea for my life, or the algorithms of what social media says?

WHAT I'M LOVING RIGHT NOW....

→ [Remedios Varo](#) ~ a fellow artist introduced me to Varo



Shown above are 3 works in progress – a snapshot reflecting where I am. I can't get enough of mark-making and layers of color –using oil, cold wax, and more! 🥰

recently and I am in LOVE! with her style, technique, and storytelling.

→ This idea of a lifestyle ~ I'm inspired by Varo who surrounded herself with other artists, poets, musicians, and writers. Together they explored a mix of intellectual material (theater, philosophy, archaeology, etc.) that fueled their work.

→ The 30 year old Pattern ~ Maybe it's because I turn another year older next week. Maybe because I am now old enough to see the pattern Angela references! Regardless, I'm intrigued by her perspective and curious to see how this part of our world unfolds.

My takeaway is: to build a full life that is undeniable yours before it's too late.

This morning I came across a quote by Varo, which I also just love:

“The dream world and the real world are the same.”



So I gently ask you: “What dreams do you have for

yourself? Or are you already living the dream?

I sincerely would love to know



A so very close to being done
Abstraction (it just needs its title!).
Oil, cold wax, graphite and more on
panel. 7 1/2" x 9 1/4"

In the Studio, Update:

🎨 I'm happy to report that a handful of my original Abstractions, prints, and art coasters are now available at Art Rocks Gallery. If you are in the Excelsior area, please stop in where you will be welcomed by Sam (the owners' dog) and the curator, Chip. Hours are on their website.

🎨 Ok. So I thought I had completed my artist statement (which you may have read in the last

newsletter), only to find out through a class that I'm taking that it lacked a number of necessary points. Thus, I rewrote it and am glad I did! [Click here for my latest version.](#)



🎨 A current work in progress – one of my [Stories on Wood](#). I'm really excited by this one!

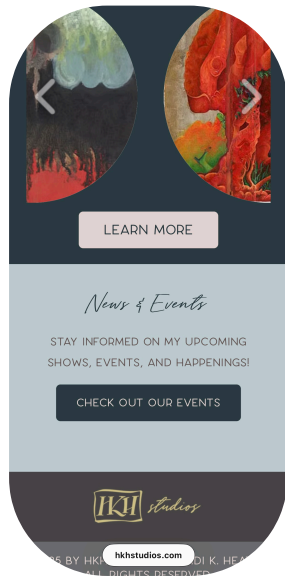
✨ Thank you so much for being witness to my journey as an Artist and a Being on this earth. I look forward to sharing more with you. AND I would so love to hear from you ~ if you are so inclined to reply or share back 🙏

*Until next time,
Please be well,
Heidi*

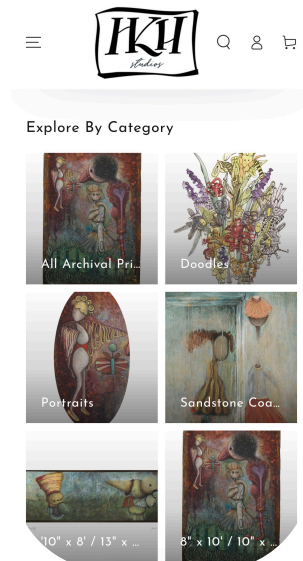
Connect Further!

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.

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