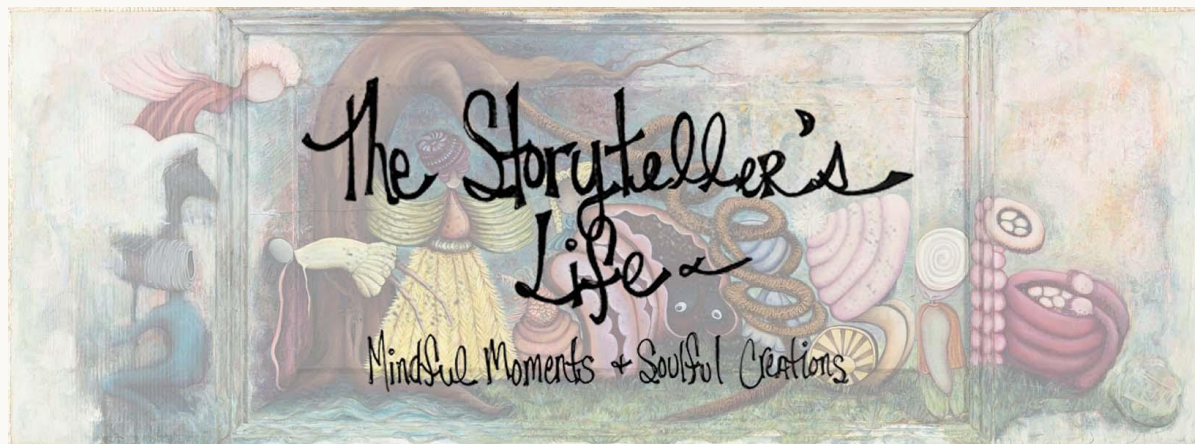




The Storyteller's
Life ~

Mindful Moments + Soulful Creations

Happy mid-August, First name / dear one, ,

I've realized my newsletter is now closer to every 3 weeks. Do you mind? This lapse is not because I don't have anything to say or share with you! Time is just going so quickly....

I've been thinking a lot about stuff - the stuff we collect, the stuff we think we need, the stuff that fills our heads. Doug and I cleared out the 25 years of accumulated contents in our garage these last couple of weeks for a much needed wall and ceiling repair. And that included my selection of doors, scraps of wood, dusty artwork that I obviously forgot about, and ideas that have yet been put into place. And that was just my "area"!

Neighbors and contractors were impressed that we met the deadline. And looking at what we still have on our driveway..... despite giving items away or discarding them altogether.... is still all of this stuff. What is that we truly need?

Thus, I have also been greatly thinking about choices. We all have them. It's remembering that we do, especially when there is so much coming at us all of the time (and that's a choice in and of itself!).

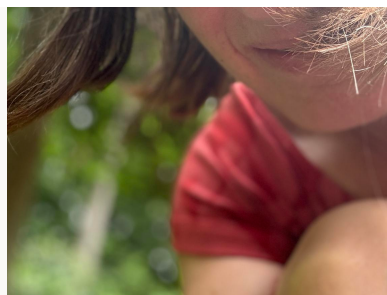
And then, just the other day, I realized it actually may break down to intentions ~ what is it that I want, not only on a smaller more intimate scale, but also, in the whole scheme of MY life? So with that I then ask myself, what items in our garage (or wherever) align with that?

So shall I keep this particular door? 😊



Today I Share:

- ✦ 3 Loves Right Now
- ✦ Studio Updates
- ✦ A quote on "Stuff"
- ✦ Prompt



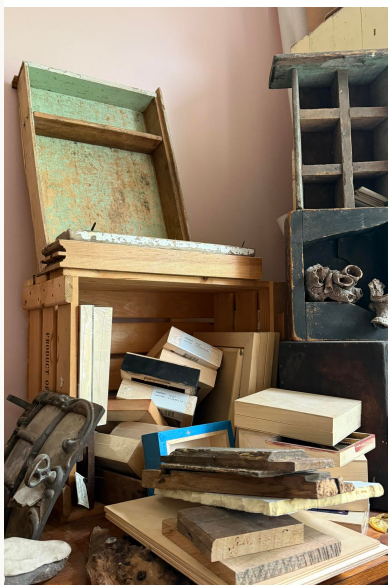
→ **Green Frogs:** We have at least 7 of them in our pond. The connection I feel with them and their steady support they have given me these recent years - I'm beyond grateful for. And I absolutely delight in their presence as I swim in their waters or tend to the surrounding garden →

(above right photo is me taking a photo of one of my 'friends')

→ **Shishito Peppers:** I was introduced to these a far number of years ago and have grown them since. I hope you can find them at your local coop or farmers market too! I just fry them in oil until blistery and dark brown. Sprinkle with sea salt and I dare you to eat just one! →

→ **michelle mcdowell smith:** I'm in love with her work! I met Michelle last week at the 'new' Uptown Art Fair and fell deep into the layers of her mixed media stories. It's absolutely amazing to meet an artist who I'm both inspired by and and one that resonates in terms of process.... →

In the Studio, Updates:



🎨 The clearing out of the garage tickled into my studio too last week when **I threw out an uncounted, not-photographed number of** small wood pieces that years ago I had big ideas for. I had no idea that they were taking up that much space. Not just physical space, mental & emotional too! What a relief to let go and now focus on what remains (shown above left is what I've decided to keep).

🎨 **State Fair Reject!** Yep, I'm one of those who received the notification via email a couple of weeks ago. Yet, there are now 2 galleries in the Twin Cities that happily showcase such. I'll be dropping off my piece, "With the Eyes That Now Sea", at Douglas Flanders & Associates Fine Art Gallery in Minneapolis. **Join us for the opening on August 29, 3-7PM.** Show is up through October 10 →

🎨 **Sennelier Oil Pastels** are the newest addition to my mediums of choice. Created in 1947 for Picasso, these sticks are buttery smooth (enough to go through a luscious color in no time flat!). I've started playing with them on larger panels with my intention of incorporating them into my layering process..... I'm curious to explore further and you and I will both see what happens!

🎨 Speaking of happens - **not so happy accidents happen** and one of my acquired Stories on Wood recently paid me a visit. It had been knocked off the wall and I'm now putting it back together. It's so curious to observe how I build up the layers of a piece! The unwritten recipe of what I did then, is asking me to listen closely as I gently repair the damage, blending the old with the new.

*"Live for experiences, not possessions. Collect stories to share,
 not things to display."*

— Unknown

And so I end with this quote. And a smile, as ironically, I hope that one day you'll add my stuff to your stuff! (if you haven't already 🙏🙏)

Prompt: I welcome any and all thoughts on what I've brought to the table - what resonates or doesn't with you?

✨ Thank you for taking the time to read to the end!

Until next time, be well and thank you so much for being a part of my community 🙏

Heidi

Connect Further:

I invite you to reach out to me if you are interested in a **Studio Visit**. Just reply to this email!

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I'd love for this community to grow. If you connected with this newsletter, please forward this email to a friend who might appreciate it. 🙏



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