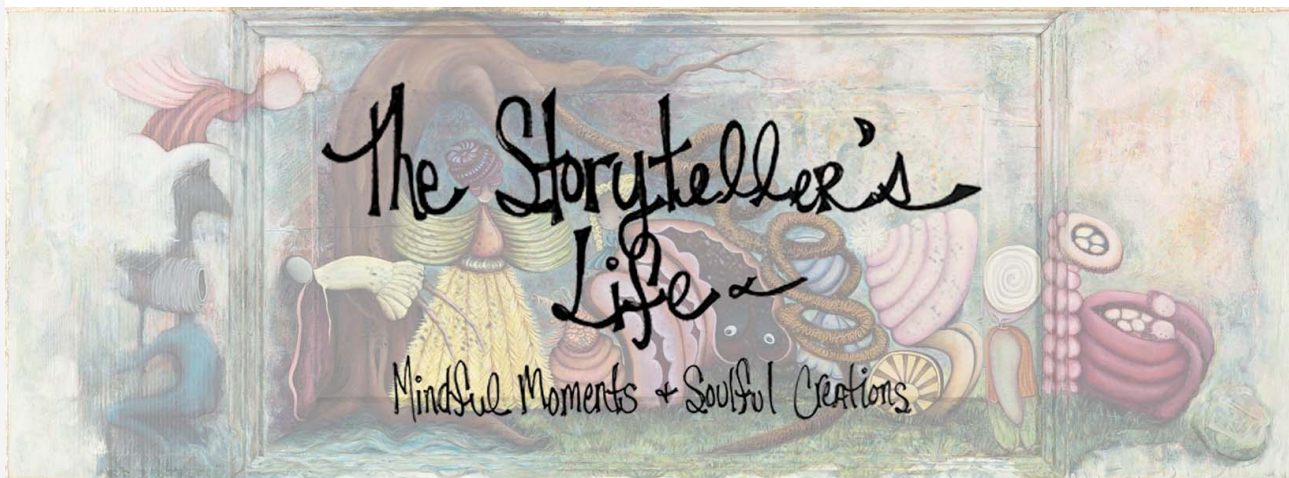




*I believe play and imagination are essential parts of being human, so I create oil & mixed medium paintings that invite quiet contemplation and personal storytelling.*



**October 31, 2025**

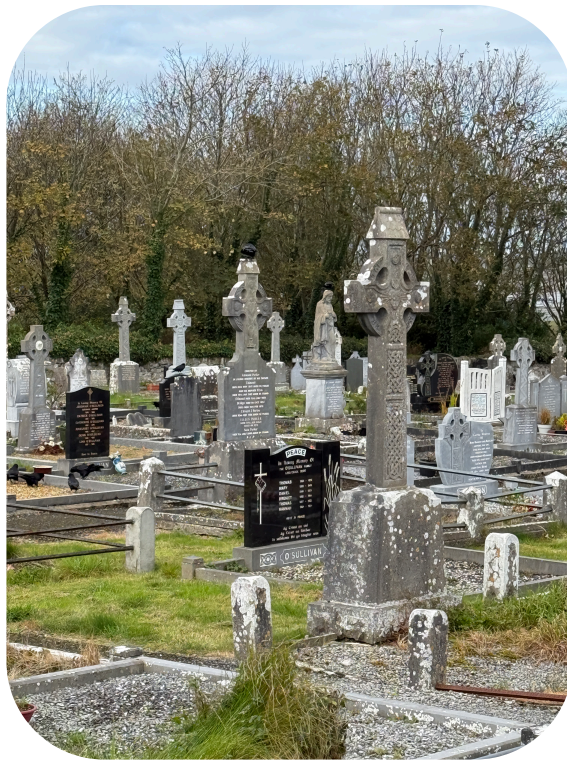
Dear Reader,

In the spirit (no pun intended :) ) of the season upon us I wanted to send you my next newsletter – even though it's been less than 2 weeks since my last one. I hope that's okay with you to be more organic than not :)

Over the next 3 days (October 31– November 2), depending on your beliefs, all of the following are happening with some of the celebrations/observances overlapping the others: All Hallows' Eve, Halloween, All Saints' Day (or All Hallows' Day), All Souls' Day, **Day of the Dead (Día de los Muertos)**, and Samhain.

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

→ Soulmass Cake ~ these small round cookies are made for All Souls' Day. Apparently in the time of the Druids they were baked around a Samhain



→ Cemeteries ~ My fascination with these has almost been life-long. Over my travels I have seen so many ways different cultures create and tend to the places of those that have passed. There is such historic beauty and rich stories to be found amongst the graves.....

The above photograph was from our recent trip to Ireland. We came across cemeteries dating back to the 1300's (and I'm sure there were even older ones too). I'm not sure of the history of this one as we stumbled upon it off of a rural road.

**My takeaway is:** to listen deeply. And to joyfully make time preparing for the end of my own time on earth.

So I gently ask you: how do you approach death, if at all?

bonfire and used as part of a lottery. If you drew the one burnt cake in the pile, you got to be the human sacrifice for the upcoming year. Thankfully my batch did not show a burned cake :)

→ Smoke Gets in Your Eyes & Other Lessons from the Crematory~ I love this book! It completely changed how I will be approaching my own death when it comes.

→ Day of the Dead (Día de los Muertos) ~ I am in awe of how beautiful they face death and celebrate their deceased. It's truly inspiring!

The photograph to the right is my interpretation of celebrating death and honoring those close to me that have passed. Inspired by different cultures, I blended my observances together, creating this alter outside of our front door. I tend to it over the seasons, never keeping it stagnant.



*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*

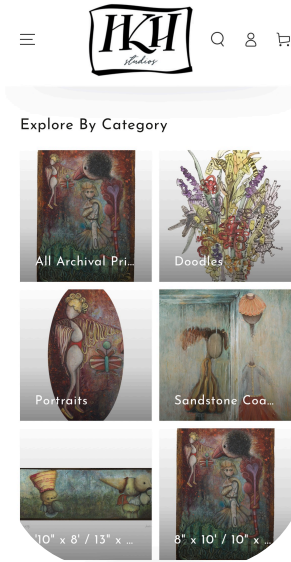
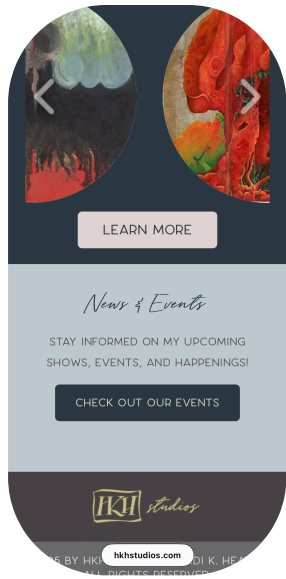
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## Connect Further!

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!

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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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