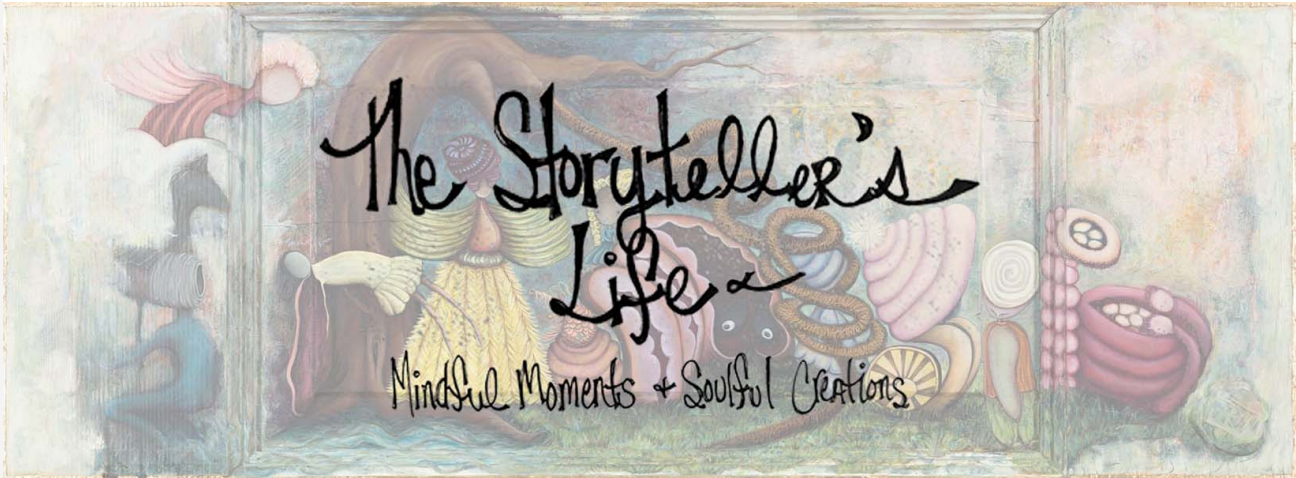




*I believe play and imagination are essential parts of being human, so I create oil & mixed medium paintings that invite quiet contemplation and personal storytelling.*



**October 18, 2025**

Dear Reader,

As always, thank you for joining me this week! The fall colors are now being joined by pumpkins and Halloween decorations in preparation for the holiday ahead. I *hate* being scared, so it may come as a surprise having said that that I am drawn to the fantastical dark.....

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

→ "Wednesday" ~ I adore this show and eagerly awaited the second season. It released on September 3, yet I waited until now to watch it, savoring every detail and nuance of imagery.

→ "The Dead Dance" ~ by Lady Gaga specifically for 'Wednesday, Season 2' (click



→ “Dolls Eye” ~ or as I affectionally call it ‘Eyeball Plant’. It’s one of my absolute favorites in our garden. These little eyeballs have emerged just in time for Halloween....

**My takeaway is:** embrace the shadows – even in our own selves.

**So I gently ask you:** what can you learn if you lean into the darkness?

The snippet on the right is from my Story on Wood, “Death is Like Stepping Out of an Ill-Fitted Shoe”

on full screen for true immersion). Her theatrical performance and lyrics can’t help but make me dance.

→ Tim Burton ~ I am a huge fan and have been for years. Not only is he the executive director to the above mentioned visuals, he is a definite source of inspiration for my Stories on Wood.



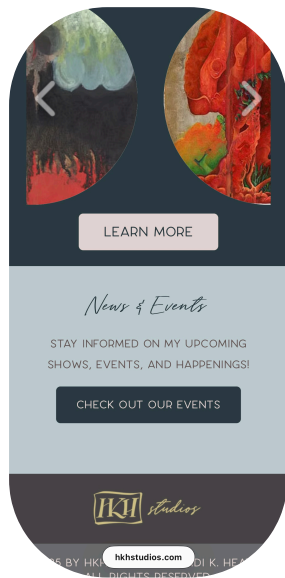
*As always, my work carries the thread of quiet contemplation and personal storytelling. If it speaks to you, I hope it offers something gentle and grounding.*

*Until next time,  
Be well,  
Heidi*

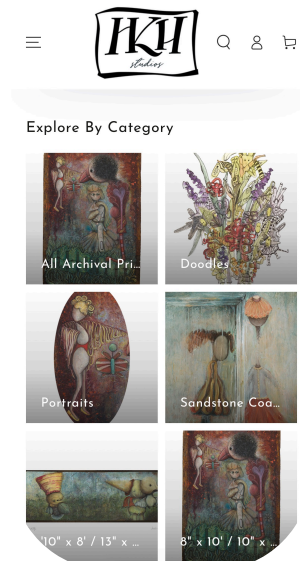
## Connect Further!

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:



Share with a Friend



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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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