



The Storyteller's
Life ~
Mindful Moments + Soulful Creations

Hello, First name / dear one, ,

I'd like to share a personal update - though aren't all of my newsletters somewhat on a personal note? This one though seems more significant since as I write, we are on the first leg of our trip to Peru.

My on-going, moving from multiple small random pieces of paper to a master to-do list over these last 2 couple of weeks has had "newsletter" listed. "Newsletter" was 1 of 3 that by 10PM last night I hadn't crossed off. I will also share: not on my lists, but ever so present, have been "Surrender" and "let go"; works-in-progress verbs (and if I'm honest I've been resistant to) as I have been preparing for this trip.

I could have chosen to let go of this notion of writing to you. To let go of the fact that my newsletter is overdue in your inbox. However, writing this seems to mark time and for me that is important - not only as a Being on this earth, but also as an Artist. And because I am the one behind what I create, which is what you have been drawn to, I would like to share with you more.

Both collections of my work over these last few years greatly reflect my healing journey within the layers and layers of mark-making in oil, cold wax, with embroidery, and more. The history of my wooden canvas now housing the symbolism and stories that organically emerged.

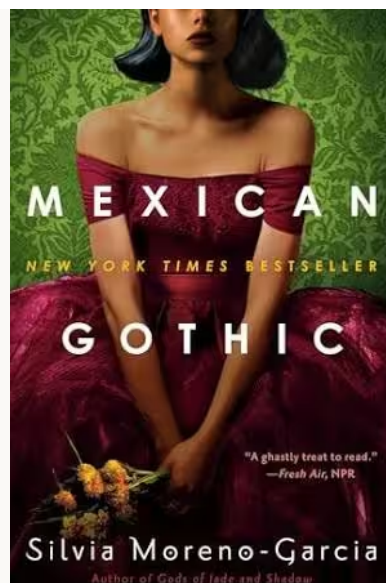
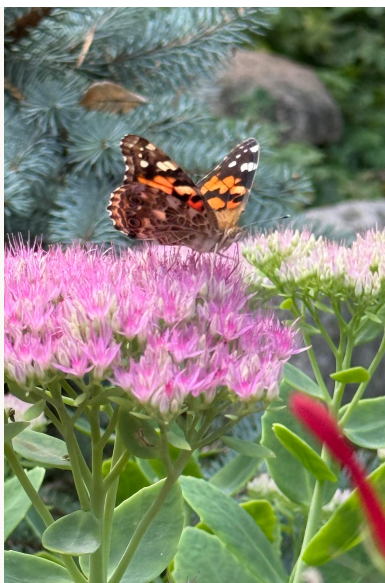
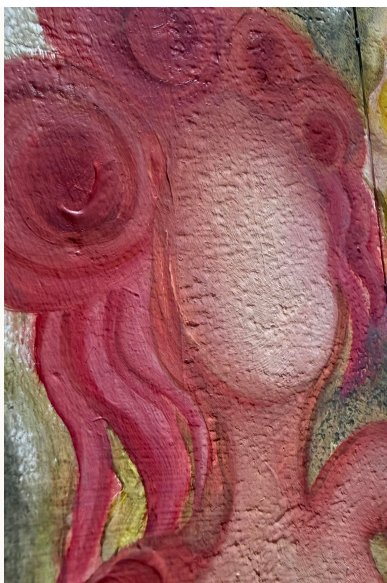
On September 14, this coming Monday, I will be joining a small group of 6 women led by 2 trauma-informed therapists. We will be collectively embarking on individual journeys led by a Shaman and the plant medicine, Ayahuasca. Over the course of a week, I will have 4 opportunities to participate in the evening ceremonies.

What will emerge is unknown. It may and probably will take the time it takes before what is meant to be will be. Thus, my next newsletter might be a bit further out from now - just so you know. Subtle or not so subtle shifts might also occur in my artist process, output, imagery, and more.

It's hard to imagine how my new internal state will translate externally. I guess you and I will both have to just wait and see ("surrender", anyone?! 😊)

Just a Brief Recap

→ **of this last month:** it has been a bit of a whirlwind as I have eliminated the medication that has helped me manage these last 3 years my C-PTSD and we finished the mountainous garage project. The following *are just a few* of what has grounded me in the necessary moments.



→ **Above left image:** I've started building up the layers of my new Story on Wood. She is just one of many Beings that are part of the landscape of what is unfolding. Note the texture of the wood that I'm painting upon - I'm bound to go through a brush or two on this one!

→ **Middle image:** Our garden, which we call "Mink Pond" (after the mink that have and do come through and consume our fish (and no, we don't keep koi anymore for that very reason!)), brings me joy every single day. I so cherish the life it sustains, not to mention the colors and textures that are found in abundance!

→ **Right image:** There's nothing like escaping from the real world by reading just a descriptive few pages or a chapter as needed. I so appreciate the richness of Silvia's words to bring forth such visuals!

✨ That's it for now!

I truly mean it when I say I'm grateful for you - for you wanting to know more when you signed up. And for being witness to me, the Human, behind the Art.

And so, until next time, be well,
With love and gratitude,

Heidi



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