

DISCOVER

A LOT OF TIME HAS BEEN SPENT IN THE KITCHEN AND ON WALKS THIS PAST MONTH. YOU CAN FIND ME DEVOURING FOOD AND IDEAS MOST LIKELY FROM THE GUESTS ON THE MOST RECENT 'ON BEING' EPISODE. I HAVE LISTED MY MOST RECENT FAVS ON PAGE 2.

LIFE

NEW ART, MORE ON THE WAY --

FINDS

I HAVE ALWAYS LOVED PEARLS. THERE IS SO MUCH DIVERSITY WHEN IT COMES TO WHAT A PEARL CAN SAY. POLISHED AND PERFECTLY ROUND IT'S FIT FOR 5TH AVE BUT ROUGH AND MISSHAPEN IT'S FEELS ANCIENT AND WILD. SHOP MY NEWEST FIND ON ETSY.

AS ALWAYS A COLLECTION OF GOODS JUST FOR YOU! STRAIGHT FROM MY MONTHLY DEEP DIVE FOR VINTAGE GOODS ONLINE. THINGS I LOVE BUT CAN'T RESELL, SO YOU REALLY WIN WITH THIS ONE. NO GATEKEEPING HERE.

DISCOVER

ON BEING WITH KRISTA TIPPETT

ON BEING IS MY CHURCH MOST DAYS. TWO OF KRISTA'S MOST RECENT DISCUSSIONS HAD ME SHOOK.

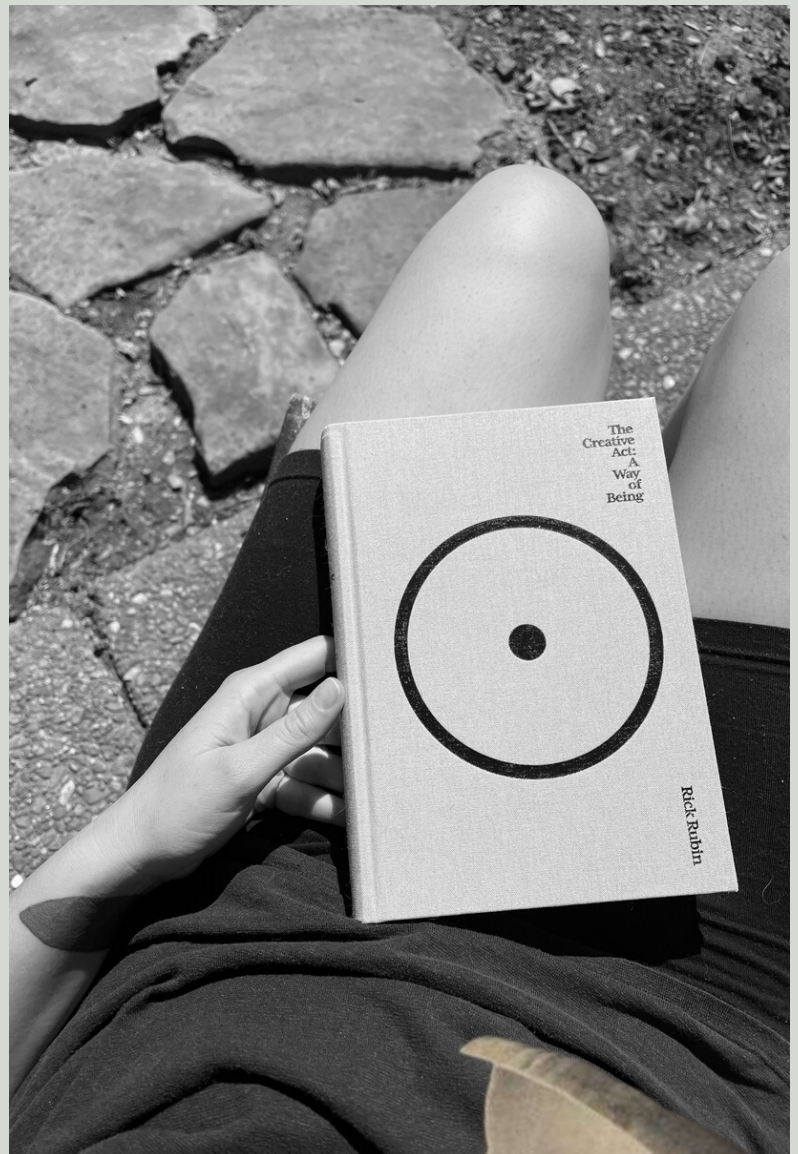
RICK RUBIN

MAGIC, EVERYDAY MYSTERY, AND GETTING CREATIVE

I LITERALLY HAVE REREAD THE FIRST 25 PAGES FOUR TIMES OVER. TAKE THIS ONE SLOW PEOPLE, BREATHE IT IN.

"ATTUNED CHOICE BY ATTUNED CHOICE, YOUR ENTIRE LIFE IS A FORM OF SELF-EXPRESSION. YOU EXIST AS A CREATIVE BEING IN A CREATIVE UNIVERSE. A SINGULAR WORK OF ART." - RICK RUBIN

[LISTEN HERE](#)



BIOMIMICRY, AN OPERATING MANUAL FOR EARTHLINGS

BIOMIMICRY TAKES THE NATURAL WORLD AS MENTOR AND TEACHER — FOR, AS JANINE BENYUS PUTS IT, "WE ARE SURROUNDED BY GENIUSES." NATURE SOLVES PROBLEMS AND PERFORMS WHAT APPEAR TO US AS MIRACLES IN EVERY SECOND, ALL AROUND: RUNNING ON SUNLIGHT, FITTING FORM TO FUNCTION, RECYCLING EVERYTHING, RELENTLESSLY "CREATING CONDITIONS CONDUCIVE TO LIFE."

[LISTEN HERE](#)



LIFE



NEW WORK

ART WAS ALWAYS SOMETHING I WANTED TO BE GOOD AT WHEN I WAS YOUNGER, IN THE TRADITIONAL SENSE. I HAVE EVER BEEN GOOD AT PERSPECTIVE OR REALISM AND AS I GREW OLDER AND LEARN ABOUT THE PRACTICE OF ABSTRACT SOMETHING JUST CLICKED. SOMETIMES I PINCH MYSELF THAT PEOPLE LIKE AND BUY MY WORK, IT'S A REALLY COOL THING.

I'VE LISTED SOME NEW PAPER PIECES ON THE WEBSITE. TAKE A LOOK! I AM HEADED TO NEW MEXICO THIS MONTH AND AM BRING LONG PAPER AND OIL PAINTS, HOPING THE LAND OF ENCHANTMENT INSPIRES.

AS ALWAYS, I WELCOME COMMISSIONS!

SHOP HERE

FINDS

THINGS TO BUY OR THINGS I HAVE TRIED

NO. 1



NO. 1 LIVING LIBATIONS - SUMMER SHIMMER. MY FAV SUMMER PRODUCT FOR THE PERFECT GLOW & SMELLS AMAZING!

NO.2



NO. 2 : BAROQUE PEARL NECKLACE. I GOT THE 16" LENGTH FOR THE CHOKER LOOK.

NO. 3 : MORE THAN CAKE - ON MY MUST BUY LIST!

NO. 4 : SOVI NON-ALCOHOLIC WINE. TRUST ME TASTE JUST AS GOOD AS THE REAL THING MINUS THE HANGOVER!

NO.3



NO.4



A COLLECTION OF GOODS JUST FOR YOU!

SHOP HERE

"LIFE BEATS YOU DOWN AND CRUSHES THE SOUL, AND ART REMINDS
YOU THAT YOU HAVE ONE" - STELLA ADLER



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STAY IN TOUCH

THANK YOU
UNTIL NEXT MONTH, BE WELL