

HEATHER MIDDLETON
CATALOGUE



"Remember"

Acrylic on canvas
100 x 100 cm (unframed)
Price: R25 000

In her powerful artwork "Remember," Heather delves into the profound need for healing, both for ourselves and for those who provide care but often neglect their own well-being. The piece reflects empathy for essential workers—like healthcare professionals and therapists—who carry the emotional weight of others' struggles yet may not receive the support they need themselves. Central to the work is the concept of the "dark, black centre," representing a grounding space that offers infinite depth and peace amid the chaos. The painting suggests that healing is not always a stillness; sometimes, it must occur while life continues in motion, offering a reminder that rest and recovery can exist within the continuous flow of the world. "Remember" is a meditation on finding limitless space within oneself, even when the world feels overwhelming.



Kachina 'Masked teacher - weeping tree'

Acrylic and gold leaf on oak
55 x 55 cm (unframed)
Price: R10 000

Kachina "The Masked Teacher" embodies the concept of masked teachers, figures that can appear unexpectedly in one's life, often in disguised forms. These encounters may not reveal themselves as blessings at first; instead, they can often feel like gifts wrapped in barbed wire, eliciting a sense of trepidation, yet holding deep value. Much of the wood grain is left exposed, allowing it to tell its own story, creating a layered texture that invites viewers to look beyond the surface.



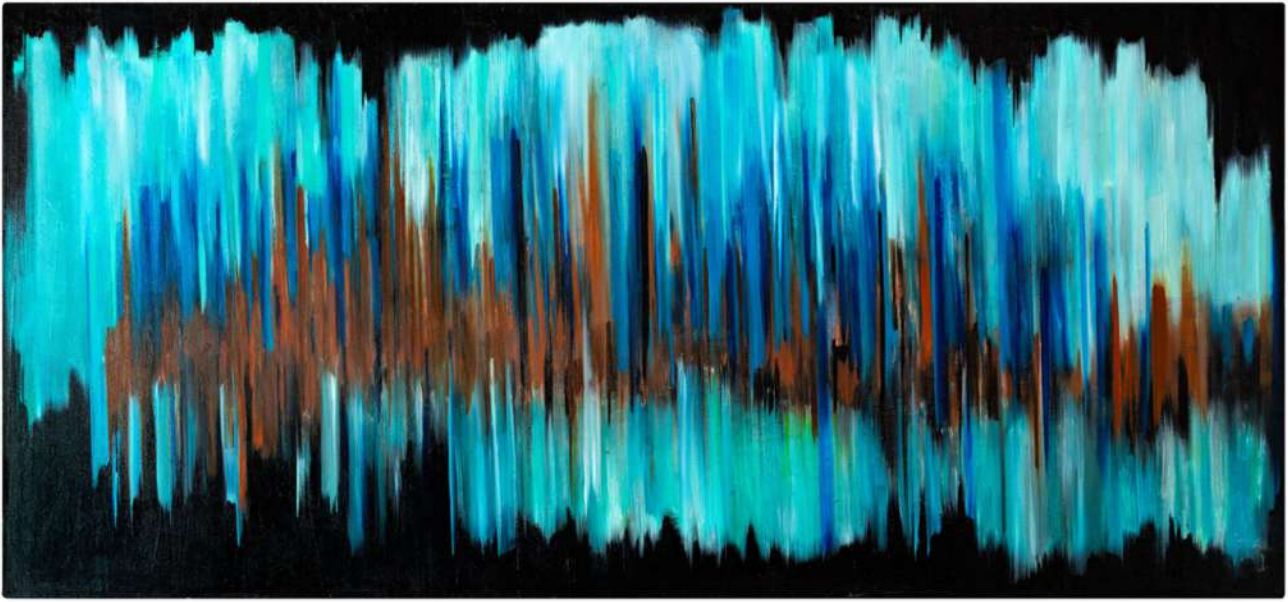
'Eagle in the north, east, south and west'

Acrylic and gold leaf on oak

59 x 59 cm (unframed)

Price: R12 000

"Eagle in the North, South, East, and West" draws inspiration from the Red Road directions, symbolising a journey of personal growth and spiritual balance. Each direction represents an aspect of this journey: the North speaks to intellect, the South embodies trust and innocence, the West represents intuition and introspection, and the East symbolises spiritual illumination. The eagle, viewed as a symbol of perspective, invites us to take a bird's-eye view, to see life as a wheel that requires balance in each direction to move forward on our path.



'What happens to me happens to you'

Oil on canvas
150 x 70 cm (unframed)
Price: R9000

"What happens to me happens to you" is a deeply introspective work that explores the interconnectedness of emotional experiences through a turbulent period of personal upheaval. Heather uses the concept of reflection to depict the mirrored, yet asymmetrical nature of shared pain, particularly in the wake of divorce. The artwork is deliberately uncomfortable, with heavy oils and textures symbolising disruption and the slow, chaotic process of healing. The imagery evokes a city dismantling and rebuilding itself, underscored by the faint, pulsing rhythm of a heartbeat monitor—searching for signs of life yet yearning for the stillness that grief sometimes demands.



"I dream of watching you grow"

Acrylic and copper leaf on canvas

51 x 51cm (unframed)

Price: R5000

"I Dream of Watching You Grow" is a heartfelt tribute to the privilege of witnessing growth in all its forms. Whether it's children blossoming into their own, plants reaching toward the light, or the emotional evolution of people, the artwork explores the beauty and wonder of transformation. Heather captures the delicate gift of observing growth, and honouring the quiet, yet profound, moments of change that shape lives and nature alike.



"I dream of watching you fly"

Acrylic on canvas
150 x 70cm (unframed)
Price: R14 000

I Dream of Flying is an exploration of the artist's recurring childhood dream of flight. Wispy white brushstrokes evoke the weightlessness of soaring, while grounding green blocks symbolise the ever-present tether to the earth. This dreamlike tension between freedom and grounding is at the heart of the piece, capturing the bittersweet feeling of flying, that for now can only be relegated to dreams"

ENQUIRIES

Please feel free to contact Heather regarding any of her available works or to enquire about a commission.

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