

Lex Leonard

Any chef, parent, teacher, doctor, wordsmith, or creative will tell you that a full life is a combination of the act of creation with intention. When we mix the two, we are no longer the ego, but we open ourselves as a vessel through which beauty flows.

And this beauty heals the world.

I am a certified Color of Woman: Intentional Creativity Teacher. I lead circles, workshops, and communities inspired by my own soul work coupled with Intentional Creativity. IC instructors walk between two worlds seeking, through painting and ceremony, a way in which we can live a life where all aspects of ourselves get to be included and celebrated.

As a certified Red Thread Guide I lead circles.

In classrooms, children discover. In memorial services, loved ones are honored. In celebrations, we are held up in joy. This circle is a way of realizing our connection to the web of life.

With each painting, I enter a portal.

I hold the elements dear. Fire, water, breath, and Earth from this land and the Poland of my ancestors become a part of the canvas field on which I work.

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*Ever since I was a child,
my life was bent to ceremony, ritual.*

I was and am a creator.

I am a ritualist.

And I paint.

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This is how I heal myself, and the world around me.

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