

L E N A Y O U N G



Opposite Page: *Nourishing the Soul*

T H E H E A L I N G  
P O W E R O F A R T

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# IT'S A BIT AFTER MIDNIGHT AS I SIT AND PREPARE TO WRITE THIS ARTICLE.

On my computer are a number of open tabs displaying my social media accounts and the websites I'm using as resources for work. I flip through them one by one, closing the windows which are no longer relevant to the self-imposed isolation I require for writing.

The news is dark and I close my Twitter feed which seems to always display a steady stream of ominous and heartbreaking headlines. It is evident that we are a global society in need of respite and healing.

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"Art opens the closets, airs out the cellars and attics. It brings healing." - Julia Cameron

Art is often looked upon as something that is not necessary. It's one of the first things to be cut from school budgets and from governmental funding. As creatives reading this article, we may have experienced the raised eyebrows and concerned looks of family and friends when we announced our plans to enter the arts as a vocation. And yet, it is art which has most truthfully reflected and told the stories of our culture, our history, and our dreams. It is to art that many of us turn for a much needed intermission, for mindfulness, and for healing.

Lena Young, a Boston artist working in abstract expressions, believes wholeheartedly in the healing power of art – for herself and for her clients. Venü's publisher Tracey Thomas, and I, first met Young at Boston's International Fine Art Show in October. I subsequently met up with the artist again on a warm autumn afternoon at a sidewalk cafe to learn more about her work and her background in healing modalities.



Photo by Joyelle West

Opposite Page: Self Portrait of Lena Young in her studio.  
This Page Clockwise: Transformation, Power, Brushes in morning light.



At Harvard, Young studied Organismic and Evolutionary Biology and East Asian Studies with an emphasis on Buddhism and meditation. She carried this education forward with focus on Eastern philosophy, yoga, qigong, energy healing, and life coaching. Through her paintings, she shares the healing that she has experienced for herself, the spiritual and psychological understandings she has discovered, and the positive vibrational transference which she feels is shared with the viewers of her work.

Young explains one of the personal experiences a viewer had to the vibrational transference of positivity while gazing at her work.

"At a recent show, a young artist was drawn to the painting "Power." He kept staring at it, seemingly transfixed on that work of art. There was something calling to him. He wasn't sure what it was, but he felt a strong resonance with the piece," said Young.

"When I explained the message of the piece, a look of shock crossed his face. He had just stepped into his own power that morning and had taken legal action against someone in authority who had harassed him. Through the colors and composition of the painting, the intention of the piece spoke to him in a way that resonated with his being."

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I too experienced this powerful resonance when first seeing one of Young's canvas' at the International Fine Art Show. It was a big reason why I ducked into her booth that evening – there was this



particular work pulling me toward it. I was compelled by the canvas, its colors, and composition. It's not often that I want to purchase art, but I wanted to take this piece home with me. When I asked Young about that canvas at our second meeting in Boston, she informed me that the title of that work is "Self Love".

"I have found that people gravitate toward certain paintings that speak to what they are going through or what they need at that moment in time. It is fascinating to see that when they find out the name of the work that they are drawn to or the message behind the piece, there is a moment of disbelief. It is almost as if the painting is a window into their soul," said Young.

When asking Young about her process, she doesn't give me the typical spiel intended as a means of persuasion or sales speak. She tells me that first and foremost, she is connected to and trusting in her intuition.

"I am guided each step of the way, down to the brush that I use, the colors that I mix, and the strokes that I apply onto the canvas. During the process, if my mind jumps in and begins to question or direct me, I am immediately shut down. Everything comes to a halting stop. It is only when I am painting from my heart, connected to my soul and to the Universe, that the art can flow through me," she says.

This Page Clockwise: Colorful paint bottles, Sweeping brushstrokes, Self Love  
Opposite Page: Breaking Through



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IF I CREATE  
FROM THE  
HEART, NEARLY  
EVERYTHING  
WORKS:  
IF FROM THE  
HEAD, ALMOST  
NOTHING."

- MARC CHAGALL

"When the painting is finished, I receive a title for the work as well as a message. It is usually then that I understand what the piece is about."

In addition to residing in Boston and participating in Open Studios in SOWA, Young also spends time painting and exhibiting in China.

"China was an unexpected venture for me. I went to China to learn qigong and heard about an art village that was being built in a place called Dragon Tiger Mountain. I knew very little about the project or the place when I decided to stop by.

"The village is nestled in lush greenery and situated across from majestic stone cliffs and tranquil waters. It is a mesmerizing place that stirs the imagination and sparks creativity. I ended up staying for several weeks and painted a whole collection of art. That year, I was offered an opportunity to open a gallery at the village and have been exhibiting there ever since."

Thus far, Young has sold over 250 paintings from her studio in China and is planning on returning in February 2019. Her work is currently on exhibition in Boston as part of a group show at Coldwell



Banker on Berkeley and Tremont in the South End. In California, the artist has several pop-up exhibitions happening in Laguna Beach as part of the Laguna Art Walk - a monthly event open to the public - and several pieces are on view at the Laguna Art Gallery.

The success and positive reception of Young's work stands as testament to the ways in which art can calm us, heal us, and validate our emotional needs.

"I believe that the energy within a painting can stir something deep within us especially when we are open and receptive. We may notice that a particular painting can change our mood, our thoughts, or even our state of being."

Young encourages us to trust in ourselves and to seek things in this world which bring us joy. Art can do that. □

You can view Lena Young's work online at [www.lenayoung.com](http://www.lenayoung.com) at [instagram.com/lenayoungart](https://www.instagram.com/lenayoungart) and at [facebook.com/lenayoungart](https://www.facebook.com/lenayoungart)