

PAINTING YOUR SOUL:

How Karen Hanlon Is Transforming Lives Through Expressive Art and Healing

Karen Hanlon's journey to becoming a beacon of healing through art began with her own story of transformation. A mother, a survivor, and an artist, Karen turned personal hardship into purpose. After navigating the emotional turmoil of a difficult divorce and other significant life changes, she found solace and healing through creative expression. Her experiences not only restored her own sense of self but also sparked a profound desire to help others access that same healing.

From that place of deep intention, Painting Your Soul was born—a unique, holistic approach to emotional healing that combines expressive painting, journaling, meditation, and sensory experiences. Karen's work is not just about creating art; it's about creating space—for release, for insight, and for transformation.

As a certified Art Therapy Practitioner and abstract artist, Karen is uniquely equipped to guide people through the complexities of emotional exploration. Her background allows her to support clients in expressing themselves without fear or judgment. She encourages freedom over perfection and connection over performance. *"It's not about creating perfect art,"* she often says. *"It's about discovering who you are beneath the layers."*

At the heart of Painting Your Soul is its signature take-home expressive arts kit—a portable workshop designed to deliver the same powerful, multi-sensory experience that participants would receive in one of Karen's live sessions. This therapeutic gift box includes guided meditations, essential oils, painting materials, and journaling prompts, all curated to walk users through a deeply personal and healing journey.

Each kit is designed to guide participants through a cycle of grounding, reflection, creative expression, and integration. It begins with meditation to quiet the mind and help users connect to their inner landscape. Then, through painting and journaling, participants are encouraged to let go of expectations and allow their emotions to take form on the canvas. The process concludes with personal reflection, helping them find meaning in the experience and identify paths for growth and healing.

Karen emphasizes the power of combining meditation with art as a way to access deeper emotional truths.



"Meditation prepares the mind to open," she explains. *"It bypasses the analytical brain and allows us to hear the quiet voice inside. When that's paired with art, it becomes a channel for truth to surface."*

That powerful combination has already led to countless stories of transformation. One especially moving moment came when Karen received a late-night call from a dear friend in the hospital, recently diagnosed with a terminal illness. Knowing her friend couldn't attend a workshop in person, Karen sent a complete kit to the hospital. As the patient painted bold colors from her hospital bed, surrounded by nurses wiping away tears, she described feeling more free than she had in years. That moment solidified Karen's mission to make healing through art accessible to everyone, no matter their circumstances.

Today, Painting Your Soul serves a wide variety of people navigating trauma, grief, anxiety, PTSD, recovery, or medical challenges.



From cancer patients to veterans to those in addiction recovery, Karen's approach is intentionally inclusive and adaptable. The process she offers doesn't require any artistic background—only a willingness to explore and feel.

Karen has also ensured her mission reaches beyond the individual to the community at large. Through partnerships with organizations such as the Costello Center in St. Petersburg, suicide prevention initiatives, Grandma's House of Hope, and veterans' groups, Painting Your Soul is actively contributing to the emotional well-being of underserved communities. Collaborations with Cirque Lodge Luxury Rehab Center and local cancer treatment facilities further extend this impact, helping people in critical moments of need find a path to peace through art.

Her work has not gone unnoticed. Karen and Painting Your Soul have been featured on several Florida morning shows, including WFLA's Bloom, WTSP 10 Tampa Bay's Beautiful People, and ABC Action News. She's also contributed to Best Holistic Life magazine and appeared on podcasts like The Holistic Counseling Podcast and Holistic Health Radio in Australia. These media platforms have allowed her to amplify her mission and touch more lives with her message: healing is possible, and creativity can lead the way.

Karen's message to anyone considering creative expression as a form of healing is simple but profound: begin. *"Let go of the idea that art needs to look a certain way,"* she advises. *"Just start. Even if you don't know what you're doing, even if it's messy. That first mark can lead you to something beautiful inside yourself."*

In a world where perfectionism and emotional suppression are often the norm, Karen Hanlon is carving out a different path—one where freedom, feeling, and authenticity reign. Her work through Painting Your Soul reminds us that art is more than aesthetic; it's a vehicle for truth, transformation, and, most of all, hope.

Through color and canvas, words and stillness, Karen invites everyone to pick up a brush, listen inward, and begin painting their soul.

Connect With Karen



www.linkedin.com/in/paintingyoursoul

TikTok: soulfulartist

Instagram: @paintingyoursoul

Facebook: PaintingYourSoul

