

“The soul would have no rainbow had the eyes no tears.”

– John Cheney, Poet

Although the suggestions offered are aimed at healing grief related to the death of a loved one, many of them also apply to any major loss such as that resulting from illness, divorce, miscarriage, or job lay-off.

Grief in response to loss can manifest in many ways. Physically, emotionally, mentally, and spiritually. Karen gives some down to earth suggestions for how to manage these manifestations.

She also expands her own first-hand knowledge by providing a list of helpful online resources and books in addition to working with her directly if you find yourself unable to deal with the depth of your grief.

“My experience with Karen in my first session was life changing. The validation of my inner knowing was helpful, but the exercises to help me move forward were brilliant. And all in gratitude. Wonderful!” — Kat, Denver, CO

“Karen has been instrumental in opening my eyes and broadening my heart to the possibilities for my life. She is without judgment or pretense, only love and compassion. I am grateful I found her.” — Laura, Canyon Lakes, CA



Karen Mehringer, M.A., the founder of Creative Transformations, is an author, speaker, Psychotherapist and Grief Counselor. With over fifteen years of experience in the personal development field including a master's degree in marriage and family therapy, Karen assists her clients to heal their grief and restore their vital energy and passion for life, so they can live the life of their dreams.



Heal Your Grief Move on with Your Life



Karen Mehringer, M.A.