



TRULY TRANSFORMATIONAL!

I SOUGHT HELP WITH FREEWAY/DRIVING ANXIETY and AGOROPHOBIA

but also cleared all the major traumatic events of my lifetime - some I had even forgotten but were creating extreme emotional havoc in my life.

After only one session I could drive the car again, which I wasn't able to do for months. *I even drove on an interstate where I never before had dared to*

drive. I could hardly believe that only one session with Dr. Damaris Drewry would undo what decades of therapy couldn't. But she did it. We actually did it together.

So I had a second session to work on some additional aspects, which had come up after my first meeting with her, and we cleared these remaining aspects, clearing the trauma filters through which I was viewing my life. Now my biggest problem is figuring out how to live without the constant fear and vigilance that have been with me my entire life. Imagine that - learning to live joyfully on a daily basis is my challenge!!

Over more than seven decades I was carrying a heavy backpack of traumas, and I paid a lot of money in Deutsche Mark, in Euro and finally in Dollars to get rid of it. Yes, it got lighter at times; but the *causes* of the traumatic experiences were not discovered by the many therapies I tried. As a matter of fact Post-Traumatic Stress had bothered me more than ever before in the last year until I found my way to Damaris.

Damaris has an absolutely amazing gift for connecting the dots between present day issues and specific traumatic events that created them years ago. A few of the major events she cleared were: (1) living in Germany during the bombings of WWII: I had in-utero fear built in from my mother's emotions, and the reason I could not drive a car at age 70 was because my body remembered the claustrophobic terror of being a toddler in a bunker with bombs going off all around me, my mother and brother. Fast forward to Asheville NC in 2013 - If I got stopped at an intersection in traffic I would have an extreme panic/anxiety attack because it somehow felt like the bunker all over again - but I did not realize that until Damaris uncovered it. The other major events Damaris cleared were the link between being sexually assaulted in a park when I was 15, panic attacks in every art museum I visit, and my recent inability to enjoy painting (I am an artist). It all made perfect sense and she used Emotional Freedom Technique and Neuro Linguistic Programming to clear every traumatic event that was robbing me of my life today.

It is like a miracle: in the days to follow the two sessions I have been able to drive through life (literally and metaphorically) with ease and without fear. And when stress and tension come up in various situations, I have new tools to deal with them before a panic attack sets it.

The unique "therapy beyond talk" which Damaris is offering is a very powerful way to offer truly transformational life changes: from the burden of traumas to the freedom of life.

Thank you from the bottom of my heart, Damaris.

[Barbara Nerenz-Kelley](http://www.bluespiral1.com/PrintPiece.cfm?ArtistsID=827&NewID=5873)

Asheville, NC

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