



The
University of New Mexico

DIVISION OF CONTINUING EDUCATION AND COMMUNITY SERVICES

Albuquerque, NM 87131

Telephone 505: 277-2931

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To Whom It May Concern:

Last Friday evening, July 10 I was privileged to participate in the magic that is Damaris. I attended her workshop, "The Healing Power of the Human Voice," at the Southwestern College of Life Sciences in Santa Fe. This experience proved to be a marvelous transformative journey into the healing power of sound.

For years I have experienced a great deal of tightness, weakness, and congestion in my upper left foot and ankle; this area has felt as if it were tied up in knots. As we began the workshop and throughout the evening much of the tightness and congestion released. Damaris gave us tools with which to work on self-healing, including release of anger and sadness, tools which immediately proved their effectiveness. It was a time of profound release, learning, and healing.

I highly recommend Damaris' work, which is play in the most elemental sense of the word. This singer/musician/healer is highly ethical and in that sense morally serious. At the same time she has an engaging, infectious sense of fun which brings out the inner child of the participants in her workshops; it too participates in the healing journey.

May Damaris' way be blessed.

Sincerely,

Nancy C. Zak, Ph.D.
Instructor