

Temi Community, Gremi, Georgia



Gremi is the ancient capital of Georgia before it was Georgia. It is also the home of Temi Community (www.temi-community.org), an international registered charitable organisation, not subsidised by the government. It was founded by Nika Kvashali, a qualified architect and a man with a huge heart. Temi offers a caring and stimulating environment for children and adults with special needs.

On this farm more than 50 socially vulnerable people live an active, challenging, and most of all, happy life. Life at Temi is based on the belief that all human beings are equal, that everyone can contribute, and that each of us has the right to reach our full potential – which requires provision of care, of love, of education, and of opportunities.

Our Temi experience

During our last visit to the Republic of Georgia in 2014, during which we gave cranio sessions and ran workshops, Dana and I visited Temi as volunteers, to provide craniosacral therapy to the residents and work with the community there. On arrival, we were welcomed with a

generous lunch with Nika and his granddaughter Mari and later we met with Susanna, social therapist and teacher, to discuss which community members would receive craniosacral sessions. Of course more people wanted sessions than we were physically able to give. The children were so excited, hanging onto us saying “massage-gi? massage-gi?”, with huge smiles on their faces.

Our room was basic. We had a power point hanging off a nail on the wall. Our beds were comfy, the bedding was clean and we had wifi. It was all we needed! No complaints!! It was only October but it was already very cold - the Southern Caucasus mountains are very close.

We were a bit in shock. It was very intense - everything was so different. We were sharing a room in the main house, with one toilet that served 25 people and a cold water shower. Niko asked us on the last day if we had been warm enough. Our reply was yes, because we wore every article of clothing we had under our doona! He apologized, but explained that he had to be frugal with the heating.

Our work

We worked Sunday night, and all day Monday into the evening and Tuesday until lunchtime. The staff at Temi were very helpful and brought up two tables to use as massage tables, putting them together and placing two mattresses on them. It created a very comfortable couch for our craniosacral sessions, except the tables were much bigger than the mattresses, so sometimes we needed to move the person with all the blankets from one side to the other one, so we could reach him or her.

There were many moments that we had to be flexible in our approach and use lots of imagination. All our patients-clients trusted us and, in spite of their very traumatic life experiences, many beautiful spaces for healing occurred during these sessions.

A 12-years old boy, Dato, was our translator in two sessions, and after that a lady from the kitchen who spoke Russian, translated for us from Georgian to Russian (Dana speaks Russian, having grown up in communist Prague). It was always like a big puzzle - to see who can come to receive a session (a worker or a child), who is available to translate, etc. Everybody had their own timing and we succeeded to work it out smoothly. Many moments were full of tenderness without translation, there were moments that we entered a space, where words were not necessary any more, and healing happened.

We chose to work on Dato first - a bright 12-year old in a wheelchair who spoke English very well. Not long ago he had received life saving spinal surgery in Scotland to avoid his lungs and other organs being crushed. He is now waiting for adoption papers to be processed in Georgia.

After Dato, we gave many sessions to adults and children from the community. Here are some examples:

Here Dana and I are working with two little girls, Lizi and Anano, simultaneously:



It was such a sweet session, with many onlookers. The girls fell into a deep sleep while we

worked on them. Both these littlies were carrying such deep trauma - too much for ones so young.



Lizi and Anano - not long after their session

We received such positive feedback from everyone there, meeting many of the residents during our stay. They openly expressed their changes and happiness at receiving this gentle hands-on touch. Our hearts have been deeply touched by the residents and volunteers here. Thank you so much for welcoming us so generously into your community.



Dana and I giving Nika a 4-hands craniosacral session

On the last day Nika agreed to receive a session. He put everyone else in the community first before he would receive a session. Both Dana and I did not expect him to accept our invitation, but I guess the feedback from everyone was so positive he was curious.

Before we went back to Tbilisi, Nika met with us and guided us into his inner sanctum - a private garden and his office, and we talked about many deep and meaningful things over award winning Temi wine and cheese, and cucumber from the garden. He also gifted us both with a bottle of organic Temi wine. All Georgian fruit and veges are heritage and organic. Before the fall of the Soviet Republic Georgia was Russia's richest state.

Thanks Niko and Mari

www.temi-community.com

<http://bebalanced222.tumblr.com/post/105172041517/temi-community-gremi>



L-R: Najma, Niko, Dana and Mari