



## Teymara has a vision...

## Teymara gives back...

Teymara, supported by her involvement with **INTIMO** Australia takes her **Born To Be Free** seminar to women and children who are survivors of domestic violence.

### The Work

Born To Be Free for victims of domestic violence is a specialised healing and educational program developed to support victims of domestic violence to become empowered and be heard.

### The Purpose

To free victims of emotional pain and trauma enabling them to move past the effects of their negative experiences for the rest of their lives.

### The Goal

To heal children, women, men and their abusers worldwide.

From what she has experienced since 1991 presenting her Born To Be Free seminar, Teymara through her work with survivors of domestic violence was motivated to tailor her program to heal the held emotional pain and trauma experienced by victims of physical, mental, emotional and financial abuse.

Her vision is to support women, children, and men to...  
**GET OUT THE OTHER SIDE.**

*I feared someone I loved – that shouldn't be a normal thing for an 8 year old to go through. For as long as I could remember mum and dad never really got along, from verbal disagreements to the days he would talk her out of doing something she wanted to do. He began taking his anger and issues out on not only mum but my younger brothers and me, shouting, hitting and projecting his frustrations upon us. When mum kicked him out I was at school and oblivious to what was happening at home.*

*The abuse continued once he left. My family continually lived in a state of fear whilst I stayed in a state of denial, blocking my ears and turning all of my attention toward music.*

*My brothers began seeing him and occasionally soon after I joined them. We always had the worst time, he never had anything for us to eat and was constantly passed out drunk.*

*My brothers began coming home crying and I decided to stop seeing him, within a month my brothers decided to stop seeing him too and that's when he began stalking us even at school. My emotions at the time are indescribable, there almost seemed to be nothing there. I never wanted to engage in social activities or leave the house. My denial turned into hatred and uncomfortable feelings as I felt I had no control.*

*After seeing Teymara and doing Born To Be Free things instantly changed. We still weren't in the best position but our outlook on it all was different. I continued to be in denial for two days after the seminar but my attitude started to change and all of a sudden I wanted to do things, go out and see people which is something I wouldn't have wanted to do before.*

*We are a lot happier now and I had the confidence and courage after the seminar to change schools so I can follow my dreams and creative passions.*

**13yr old girl who experienced domestic violence Name withheld**

I am the mother of the above children and in the 18 months since doing the Born To Be Free program, they have excelled in all areas of their lives, their teachers cannot believe the change in them and we now live free of all fear. We are very honoured that Kids Against Domestic Violence has been created because of our journey working with Teymara.

*When I did Born To Be Free – a lot of things changed with me and my brother and sister. I did not have to be there for them all the time – I didn't always need to be their back foot.*

*I couldn't go to school because I was scared and since doing the Sunday with Teymara I feel safe and can focus and I don't worry anymore. I am carefree now and I do not have any panic attacks like I used to.*

*I feel good, like I have a weight off my shoulders – I don't have to worry about my Dad anymore.*

Name withheld (12yr old boy)

*After Born To Be Free you feel more clear and your system is empty and you can get along with your life instead of worrying about stuff in the past. What Teymara does is instead of running into the wall – you clear it and get over it and forget about the things holding you back.*

Name withheld (12yr old boy)

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*I am the mother of these children - we have been victims of an emotionally manipulative and violent relationship, which controlled all of our lives for well over 10 years.*

*We had engaged in lengthy court battles and paid a fortune to many people. A protection order was put in place and continually breached, with repeated 'threats to kill me' made to the children one of many breaches.*

*We eventually became so fearful that we ran away and hid, we all had emotional melt downs, panic attacks, high anxiety and were not sleeping. The system had failed us on too many times occasions, and I didn't know what to do anymore.*

*One thing I did know, was that all the methods we were trying to get better had failed us. We had tried countless avenues to get help as advised by the Court, Counsellors and Domestic Violence workers. None of these were coming close to mending the damage we had all felt, in fact it all seemed to be getting much worse.*

*The children were suffering at school and did not attend for most of 2014. They did not sleep well (constant waking and nightmares), one of them was self harming too.*

*I was desperate - I realised I did know something that had worked and had turned my life around back in 2009 (the courage to leave an abusive relationship)  
Born To Be Free – so, I picked up the phone called Teymara.*

*The children and I attend the Sunday program in April, 2015 and all I can say is THANK GOD, for Born To Be Free and Teymara's work.*

*What unfolded in the weeks post the program was truly amazing.*

*All three children not only were laughing (a lot), singing (a lot), there were no more meltdowns, no out of control conflicts and they were happy again - they were finally FREE of what was holding them back.*

*As their mother, I had noticed changes as early as driving home from the program Sunday night, I did expect to see some changes, however, when I received phone calls from both teachers about the positive changes in all of them I was totally blown away, they all wanted to know what had happened over the school holiday break.*

*Born To Be Free – works. It really does.*

*Since Born To Be Free... their attendance at school is near 100% with no battles, they love learning (and now can learn), and are creating positive outcomes for themselves. All three are now past their trauma and can now absorb their world. They now feel they have a future to look forward too. One of the boys was School Captain, Junior Rotarian and Dux of the School all within 8 months of doing the seminar.*

*We all now want to get out there in the world and experience life, this is a complete 360 degree change. My children along with myself are on a much brighter, happier path, one at times we all felt was out of reach.*

*Teymara has shown us that you can get out the other side of domestic violence and that our dreams are possible.*

*Thank you...*