



# AGM 2022

(Incorporated Number: A43671)

ABN 41411412671



**Promoting self healing**

# Contents

---

**Page 3** The Board

**Page 4** Chair's Report for AGM 2022

**Page 6** Vision Statement 2021–2022

**Page 7** Report on End-of-Life Companionship

**Page 8** Induced After Death Communication Therapy

**Page 10** Income Statement

**Page 11** Balance Sheet

~~~~~  
**Fear of death exists only  
in those who are ignorant  
of their own souls.**

Pythagoras

~~~~~

Johnsen, Linda. (2016) *Lost Masters*, New World  
Library, An Eckhart Tolle edition, USA p 19

# The Board



## **Joy Nugent – Founder and Coordinator**

Joy Nugent has a history of giving. She was co-founder of the Mary Potter Foundation, Founder of Friends of Hospice, and Founder and CEO of NurseLink Foundation. Over thirty years as a private palliative care nurse, Joy delivered palliative care programs in Australia and for ten years to East and West Malaysia. Her style of care and education was based on removing death anxiety. This experience is shared in a trilogy of books.



## **Nathaniel Nguyen – Chair**

Nathaniel is a director at JL Lawyers. He regularly advises charities and other NFPs in relation to their legal obligations, governance, risk exposure and compliance strategies. He holds a Bachelor of Law (Honours) degree and a Bachelor of Commerce (Corporate Finance) degree from Adelaide University.



## **Ujwala Asundi-Kumar – Secretary (resigned September 2022)**

As well as being a qualified counsellor and healer, Ujwala is a businesswoman. She has an MBA in marketing management from Mumbai, India. For ten years she was the quality assurance coordinator for her family enterprise, EEFCO Metals & Powders Pvt Ltd. Ujwala believes in living life with a balance of enjoyment and spirituality.



## **Susan Nugent – Treasurer (resigned September 2022)**

In 2012 Susan commenced Integrative Medicine practice and study (via ACNEM, AIMA and various retreats, workshops, and conferences). In 2017 she founded Healthwise Integrative Medicine – a medical practice and event organiser with the vision “Leading the world to better health through experiential learning.”



## **Justin Nugent – Public Relations and Vice Chair**

Justin Nugent has a legal and marketing background and is a lifelong supporter of his mother’s professional work. He runs an international logistics and freight business and acts as Global Ambassador for Bird in Hand Winery. His role on the Board is to maintain the viability of Soul Talks Incorporated with fundraising and events.

Welcome to the 2022 Annual Report which I am pleased to submit on behalf of the Board of Soul Talks Inc for the financial year ending on 30th June 2022. I report as follows:

## Activities

### Free Forums

The following sessions were well attended in the venue provided by Hunab Ku Healing and Meditation Gallery, 18 Ebenezer Place, Adelaide SA 5000. On behalf of the Board, I wish to thank the following presenters for sharing their professional lives so willingly with the Soul Talks' community since the last AGM:

- **September 5th**  
*Peeling the Onion – Breathing real resilience into handling life's challenges, one layer at a time* – Jonathan MacIntyre
- **September 26th**  
*Change the Lens of the Subconscious to Live Life More Fully* – Graeme Hoyle
- **October 10th**  
*On Grief and Loss – navigating your emotions in a changing world* – Diana Hutchison
- **October 31st**  
*Tackling Tough Times: Without feeling "cooked"* – Diane Bellchambers
- **November 21st**  
*The Role Chakras Play in the Healing Journey* – Joy Nugent
- **January 18th, 20th, 25th & 27th**  
*What we Need to Know Before We Die* – Joy Nugent
- **January 16th**  
*Healing Grief and Curing Fear of Death* – Dr Tom Nehmy
- **February 13th**  
*Living with Ghosts movie – commentary by Dr Tom Nehmy*
- **March 1st** saw the beginning of Mindful March with Kim Seow's presentation on *Mindfulness Meditation*. Kim's sessions continued:
- **March 8th, 15th, 22nd & 29th**
- **March 3rd, 10th & 17th**  
Anne Rodgers presented on *Workplace Meditations*
- **March 24th**  
Madhavi Nawana Parker presented on *Social Emotional Literacy*
- **March 27th**  
Ruby Johnson presented on *Quieting Your Mind*
- **April 12th**  
*A Lived Experience with Mediumship and Psychic Ability* – Sue Jaensch
- **April 5th to May 10th**  
*Finding Wisdom and Joy in Uncertain Times* – Kim Seow
- **May 20th to 22nd**  
Soul Talks offered a Reset Weekend Retreat at Port Willunga
- **June 7th & 9th**  
Soul Talks offered the first of a two-day training course for End-of-Life volunteers

- **July 10th**  
*Dealing with the End of Relationships*  
– what has Karma got to do with it? – Rugsy Johnson
- **August 7th**  
*Healing with the Heart* – Sandra de la Pole
- **August 9th & 11th**  
End-of-Life Volunteer  
Companion Training
- **September 6th & 8th**  
End-of-Life Volunteer  
Companion Training

## Dr Tom Nehmy – Induced After Death Communication Therapy

Soul Talks was pleased to be involved in Dr Nehmy's research in implementing a new approach to grief therapy, namely, Induced After Death Communication (IADC) Therapy which is a derivation from a trauma therapy called Eye Movement Desensitisation and Reprocessing (EMDR) which has been demonstrated in clinical settings to significantly reduce the sadness associated with grief and bereavement. A number of volunteers of Soul Talks agreed to take part in the therapy and I understand the results were positive.

See Dr Nehmy's Report.

## Board Elections

The Board has received notification from Ujwala Asundi-Kumar and Susan Nugent of their decision to resign from the Board prior to the AGM. Ujwala held the position of Secretary and Susan held the position of Treasurer. I would like to thank Ujwala and Susan for their contribution and commitment to Soul Talks for the past few years. Nominations for these Board vacancies to be advised. Justin Nugent and Joy Nugent have agreed to continue their service.

## Appreciation

I would like to recognise Joy Nugent, founder, and patron of Soul Talks, for her dedication and service over the past 12 months. It goes without saying Soul Talks could not function the way it has without her effort and enthusiasm.

In particular I would like to thank her for organising the Reset Retreat in May which was held at Port Willunga. Those attending this event provided the catalyst for Joy to return to promoting her work through the successful End-of-Life Companionship program.

Appreciation also goes to Manish Pradhan for his volunteer role in keeping our modest financial records.

Finally, I would like to thank our members for their continuing support and interest in Soul Talks and wish you all well in the year ahead.

Signed

/ /

Chair

# Vision Statement 2021–2022

**The vision of Soul Talks Incorporated is to promote and encourage self-healing and to relieve death anxiety.**

## Mission Statement

Soul Talks Inc., South Australia offers to the wider community the opportunity to receive training and on-going support as a home-based end of life volunteer and encourage mindfulness awareness and meditation practice.

## Values

- Demonstrate a legal and professional approach to activities.
- Uphold high standards of accountability and trustworthiness.
- Ensure due diligence in the management of memberships and donations.
- Strengthen communication with the wider community.
- Demonstrate compassion, kindness, and inclusiveness.
- Strive towards the spiritual principle of Oneness.

## Goals

- 1 Support Clinical Psychologist Tom Nehmy's research project into new ways of resolving grief and connecting with those who have died.
- 2 Offer the program Mindful March which promotes the work of Kim Seow,

Anne Rodgers, Ruby Johnson, and Madhavi Nawana Parker from Positive Minds Australia. This program to include the Zoom platform for those unable to attend in person.

- 3 Offer a free booklet on Funeral Planning to requests.
- 4 Offer home-based end of life care training and support for volunteers including those who practise an energy healing modality.
- 5 Offer weekend retreats for those seeking healing and respite.
- 6 Grow memberships and seek donations to support the programs.

## Promotion

The website [www.soultalks.com.au](http://www.soultalks.com.au) will continue to advise visitors of the current Board Members and AGM Report as well as provide information regarding Forums, the Video library, and the quarterly Newsletter. Launch the new Volunteer Training Program.

## Public Officer

### Joy Nugent

601/211 Grenfell St, Adelaide, SA 5000  
Mobile: 0411 754 168  
Email: [joy@soultalks.com.au](mailto:joy@soultalks.com.au)  
Web: [www.soultalks.com.au](http://www.soultalks.com.au)

# Report on End-of-Life Companioning

By Joy Nugent

Dr Elisabeth Kubler-Ross, the Swiss psychiatrist who taught the world so much about death and dying, referred to death as the final stage of growth. With a compassionate companion struggles at the bedside have the potential to affect reconciliation, peace, acceptance, resolution, and spiritual growth.

Held monthly the aim of this two-day training is to give those attending a basic overview of the main issues in the companion relationship with a person who is in the last phase of life. With this training Soul Talks is creating a community of caring where the end of life is an important and respected part of all life.

Volunteer companions are not primary caregivers – rather they provide a positive energetic connection as a non-judgemental loving sounding board and advocate. The scope of companioning varies from being a Soul Talks ambassador for family/friends who are living at home or in a care facility to being a health professional supported by the Soul Talks umbrella.

Soul Talks' companions strive to bring joyful actions, joyful remembrance, joyful service – making a difference. Their work includes transformation which moves from suffering to joy through reframing and looking for meaning. Towards the end of life there is a natural process of reviewing experiences, thoughts, and emotions. Reviewing a lifetime requires time and talk – a gift a companion brings with their support.

Trust is built by being real and congruent, by listened to a person and being in the present moment. It is based on relationship and respecting confidentiality. It is an exchange of energy promoting unconditional love and a non-judgmental attitude.

**In order to grow we have  
to acknowledge loss.**

**In acknowledging loss, we feel pain.**

**Through pain, we grow, we  
develop a sense of meaning.**

**We are who we are by the  
experiences we survive.**

**How we survive is our choice.**

**No one can do our grieving for  
us, or for someone else.**

**We usually grieve in the  
same way that we live.**

– Paula Brindley

For the program to continue support is needed. This support includes preparing grant applications, formulating submissions to private philanthropy, funding a purpose-built computer program, and the salary for a coordinator. Please contact [admin@soultalks.com.au](mailto:admin@soultalks.com.au) with an offer.

# Induced After Death Communication Therapy

By Dr Tom Nehmy

**I would like to thank the Soul Talks community for their support of my preliminary research efforts in implementing a new approach to grief therapy.**

Induced After Death Communication (IADC) Therapy was derived from a trauma therapy called Eye Movement Desensitisation and Reprocessing (EMDR). Discovered by clinical psychologist Dr Allan Botkin, IADC Therapy has been demonstrated in clinical settings to significantly reduce the sadness associated with grief and bereavement.

During my Soul Talk on Sunday 16th January 2022, I was pleased to provide the Soul Talks community with an overview of this exciting therapy, including a description of my own spontaneous after death communications, and the promise that IADC holds for treating grief and even reducing or removing the fear of death.

Then, on Sunday 13th February 2022, I was pleased to host a private screening of the award-winning documentary Living with Ghosts at Hunab Ku. With a packed house, you could hear a pin drop as the audience absorbed the story of several grieving widows and the comfort they gained from after death communication. The film also depicted the world's first controlled trial of IADC therapy, at the University of North Texas, with the results of that study due out very soon.

The film showing was followed by an engaging live Q&A session over Zoom with the filmmaker Stephen Berkley, live from Connecticut, USA. I subsequently trained in the IADC Therapy protocol in late February.

As a result of these two Soul Talks events, I was generously supported by several volunteers who participated in my preliminary research project, whereby I conducted the IADC Therapy protocol on a pro bono basis to volunteers, in order to gain experience and collect some preliminary data, and of course to assist volunteers with their grief.



## Results

Data was collected from **10 participants**:

---

<b>How helpful was your IADC Therapy?</b> Likert scale 1 (not helpful) – 7 (very helpful)	(1–7) <b>6.2</b>
<b>How difficult was it to go through the therapy?</b> Likert scale 1 (not difficult) – 7 (very difficult)	(1–7) <b>4</b>
<b>How likely are you to recommend IADC therapy to others?</b> Scale 0 (not likely) – 10 (very likely)	(0–10) <b>9.2</b>
<b>Overall, do you feel lighter, less sad, or better able to move forward as a result of your IADC therapy?</b> (Yes / No)	<b>9 participants – “yes”</b> <b>1 participant – “no”</b>
<b>Did you perceive the presence of your deceased loved one in any way during the IADC Therapy?</b>	<b>5 participants – “yes”</b> <b>4 participants – “no”</b> <b>1 participant – “unsure”</b>

---

### Selected participant comments

“Thank you. I feel lighter, less sad, and more connected with the wisdom of [the deceased].”

“I was able to focus on the good, and the bad receded somewhat.”

“I certainly feel an inner peace.... very happy with my experience.”

“I wish I had found this modality of therapy years ago.”

“I have found the sessions I have had with Tom to be very helpful.”

“I found it very helpful and healing. Definitely felt a strong sense of peace and calm, and felt [deceased’s] presence. I am honoured to have participated in this much needed and groundbreaking therapy.”

“I felt some inner peace.”

“I feel it was a transformative experience but I’m at a loss to understand how it worked.”

### Adverse events

There were no adverse events reported during the trial.

### Comments

Those participants who were followed up in some way reported that the therapy’s benefit held up over time.

Some participants reported a reduction in their fear of death. This has been reported elsewhere in the literature and is an important avenue for further research.

Thank you to Joy Nugent and the Soul Talks community for your enthusiastic support!

Dr Tom Nehmy  
Clinical Psychologist  
10th August 2022

# Income Statement

For the year ended 30 June 2022

	2022 (\$)	2021 (\$)
<b>Income</b>		
Courses	-	-
Donations	16,393	30,323
Membership	1,250	1,250
Retreat	2,260	-
Presenter's Directory	-	-
Session Income	-	-
Shop Sales	-	-
Soirees	-	-
Subscriptions	-	-
	<b>19,903</b>	<b>31,573</b>
<b>Other Income</b>		
Interest Received	-	-
<b>Total Income</b>	<b>19,903</b>	<b>31,573</b>
<b>Expenditure</b>		
Marketing	5,185	9,655
Rent	4,544	13,337
Office & printing	2,457	2,443
Video Recording Expenses	2,341	1,100
Admin Fees	2,232	4,321
Website Services	1,712	1,626
Retreat Expenses	1,181	-
Forums	190	3,126
Bank Fees	21	2
Contractors	-	550
Catering	88	207
Merchant Fees	132	51
<b>Total Expenses</b>	<b>20,084</b>	<b>36,417</b>
<b>Profit Before Income Tax</b>	<b>-181</b>	<b>-4,844</b>
Retained Earnings at the beginning of financial year	1,731	6,576
<b>Retained Earning at the end of the financial year</b>	<b>1,551</b>	<b>1,731</b>

Soul Talks Incorporated  
41 411 412 71

# Balance Sheet

As at 30 June 2022

	2022 (\$)	2021 (\$)
<b>Assets</b>		
<b>Current Assets</b>		
Cash and Cash Equivalents	1,551	1,731
<b>Total Current Assets</b>	<b>1,551</b>	<b>1,731</b>
<b>Liabilities</b>		
Current Liabilities		
<b>Total Current Liabilities</b>	<b>-</b>	<b>-</b>
<b>Net Assets (Liabilities)</b>	<b>1,551</b>	<b>1,731</b>
<b>Members' Funds</b>		
Retained Earnings	1,551	1,731
<b>Total Member's Funds</b>	<b>1,551</b>	<b>1,731</b>



[www.soultalks.com.au](http://www.soultalks.com.au)

