

# The Creative Power of Dreams

New England Regional Conference  
Saturday, May 25, 2013

Regis College  
Weston, Massachusetts



Offered by

**The International Association for the Study of Dreams (IASD)**

**Saturday May 25, 2013 ~ 8:30 a.m.– 4:00 p.m.**

College Hall, Regis College, 235 Wellesley Street, Weston, MA

For millennia, creative people in all cultures have relied upon their dreams for inspiration. Come and celebrate the creative power of dreams at this one-day IASD regional conference. Keynote speakers are Deirdre Barrett, the author of *The Committee of Sleep*, and Ernest Hartmann, the author of *The Nature and Functions of Dreaming*. In addition, there will be a performance of excerpts from Curtiss Hoffman's *Gilgamesh Cantata*, based on dream texts from C.G. Jung's *Red Book* and using musical themes derived from dreams. Additional speakers will present papers on various aspects of dreaming and creativity.

Ernest Hartmann  
Author of *The Nature and  
Functions of Dreaming*,  
Opening Keynote Speaker



Dr. Curtiss Hoffman  
Composer of Special  
Presentation *The  
Gilgamesh Cantata*

Deirdre Barrett,  
Ph.D., Author of  
*The Committee of  
Sleep*, Closing  
Keynote Speaker



Registration deadline:  
May 10, 2013

## Conference Schedule

**Registration, Introduction & Continental Breakfast**  
8:30 a.m.– 9:45 a.m.

**Opening Keynote Address– Ernest Hartmann**  
9:45 a.m.– 10:30 a.m.

**Coffee/Water Break**  
10:30 a.m.– 10:45 a.m.

**Morning Break-Out Sessions**  
10:45 a.m.– 12:15 p.m.

**Buffet Lunch**  
12:15 p.m.– 1:15 p.m.

**Special Presentation– Curtiss Hoffman**  
1:15 p.m.-2:00 p.m.

**Afternoon Break-Out Sessions**  
2:00 p.m.– 3:00 p.m.

**Coffee/Water Break**  
3:00 p.m.– 3:15 p.m.

**Closing Keynote Address– Deirdre Barrett**  
3:15 p.m.– 4:00 p.m.



International Association for the Study of Dreams

## OPENING KEYNOTE ADDRESS: 9:45 a.m. - 10:30 a.m.

### **The Nature and Functions of Dreaming: The Dream Is the Beginning of a Work of Art**

*Ernest Hartmann, author of The Nature and Functions of Dreaming, Professor of Psychiatry at Tufts University School of Medicine, faculty member of the Boston Psychoanalytic Institute*

Dr. Hartmann will summarize his research emphasizing the Central Image (CI) of the dream. The CI is what makes the big dream big. The CI is scored as more intense after trauma, after abuse, after 9/11/01. The CI carries the dreamer's underlying emotion. The dream is a new creation. The dream combines old material in new ways, guided by emotion. This is also the definition of creating a work of art. Thus the dream can be considered a work of art, or at least the beginning of one. This talk will consider the art of poetry, and show that the poem, at least the "big, short" poem often depends on a Central Image at its core, very much like the dream.

## MORNING BREAK-OUT SESSIONS BLOCK A: 10:45 a.m. - 11:30 a.m.

Participants may select one session in this time period

### **A1. Shamanic Dreams: The Power to Regenerate**

*Jeffrey Armano, MA, researcher on dreams, culture and spirituality*

The many roles that shamans play in cultures all over the world have long been documented. Among these roles, shamans are intermediaries between the human and the divine. One of the ways shamans communicate with the sacred is through dreams. Since dreams are often thought to have come from this divine source, when brought back, they serve as a creative and sustaining force for the community. Through dreams, shamans undergo initiation, learn songs and other instructions for ceremonies, meet spirit helpers, and obtain guiding visions. It is in these ways that dreams are a source that provide health and energy to the community. In this paper, I will explore a number of examples from non-Western communities which show how dreams play an important role in creating, sustaining, and revitalizing individuals and communities.

### **A2. Creativity, Kabbalah, and Dreams**

*Linda Yael Schiller, MSW, LICSW, dreamworker, psychotherapist, author, teacher and consultant*

There are many sources of creativity available to us through our dream worlds. Our creative muses may be of human form, found in nature, or in the mystical realm. The Kabbalah can provide us with a source of both spiritual and energetic insight; and can be accessed as a resource to work with our dreams. This workshop will offer a guide to tap into these sources through the creation of a 'Sukkat Shalom'; a 'Canopy of Peace' to guide our dream incubations as we transition into sleep (perchance to dream!), learn a four part method of interpreting the layers of a dream as one would read sacred texts from a Kabbalistic framework, and work with the Tree of Life as a roadmap to creativity.

## MORNING BREAK-OUT SESSIONS BLOCK B: 11:30 a.m. - 12:15 p.m.

Participants may select one session (B1) or two sessions (B2+B3) in this time period

### **B1. It's Daemonic! Reclaiming Access to the Daemon-Muse in Sleep Paralysis Visions and Lucid Dreams**

*Ryan Hurd, consciousness researcher and author*

Today we often hear talk of the Muse as the source of inspired acts of creativity. While this phrase is used metaphorically and often vaguely defined, behind it lies a rich literary and spiritual tradition of contacting the inner Daemon. This creative genius was sought in various forms of reverie, including sleep paralysis, for the purpose of information, inspiration and guidance. In modern sleep paralysis visions and subsequent lucid dreams, Daemon encounters still occur, although without a cultural narrative to ground the experience, the hollowed meeting is often interpreted as a nightmare, demonic monster, or alien. By reclaiming the lost art of diabolical dialogue, ordinary dreamers can transform their sleep paralysis nightmares into powerful visions for creative inspiration.

### **B2. Dreaming on Purpose: Discovering a Path to Joy and Fulfillment . . . while You Sleep (11:30-11:50)**

*Beth Scanzani, life coach, consciousness teacher & certified True Purpose™ Coach*

What if each and every one of us has a unique purpose to fulfill in this life and *nobody* else, in the entire world, can do what *you* were designed to do . . . better than you can? What if that thing that you can do better than anybody else, has the potential to have a real and positive effect on the energy of the planet? Would you want to know? The answers to life's really big questions about who you are and why you are here may be patiently waiting for you to wake up and remember your dreams. In this session, Beth will share her personal experience with discovering her life purpose through her dreams and offer some ideas to help you discover yours.

### **B3. Dreams and the Body (11:50-12:15)**

*Lesley Zaret, LICSW, psychotherapist*

Dreams are experienced as physical and emotional events that are so real that we are sure we are awake! The dreamer experiences physical sensations in concert with emotions that often linger upon awakening and offer rich areas for creative exploration. In this session Lesley will present a dream that was explored through Embodied Dreamwork, a way of working with dreams pioneered by psychoanalyst Robert Bosnak and based on principles developed by Carl Jung and James Hillman. She will discuss how a dream can be reentered and emotions and body sensations felt and identified from the perspective of the "dream ego" and the "other" in the dream. The goal of embodying dream images from various perspectives is to offer the dreamer a broader and more flexible awareness that can lead to greater psychological integration, creativity and spiritual growth.

**SPECIAL PRESENTATIONS: 1:15 p.m. - 2:00 p.m.**  
**Participants may select one session in this time period**

**P1. The Gilgamesh Cantata: A Dream-Based Creative Process**

*Curtiss Hoffman, Ph.D., Professor of Anthropology, Bridgewater State University*

This paper describes my 2-year creative process in writing a cantata for four voices based upon the “Incantations” text from C.G. Jung’s Red Book. All of the 72 musical themes for this work have been given to me in a series of dreams, and the dreams have also often provided information on how to combine the themes in counterpoint or harmony, how to structure the music on both small and large scales, and how to perform it. A link to a recent performance of part of the work, and possibly a live performance, will be included.



**P2. Stories from the Night Shift– Dream Group session**

*Lesley Zaret, LICSW, psychotherapist & Beth Scanzani, life coach, consciousness teacher & certified True Purpose™ Coach*

One very powerful way to learn about dream work and discover the deeper meaning in your dreams is to work with a Dream Group. Your sleeping dreams can provide you with amazing guidance, insight, and creative solutions to life's challenges and opportunities. As you learn how to improve dream recall and begin to develop a more conscious relationship with your sleeping dreams, you develop greater access your own personal “life coach” —the one who knows you from the inside out, and has your best interest in mind and heart. One of the beautiful things about projective dream work is that whether you share a dream or participate as a part of the group, you will learn something important about dreaming and about your self. Come join us for a fun, unique, supportive and inspiring session!

**AFTERNOON BREAK-OUT SESSIONS BLOCK C: 2:00 p.m. - 3:00 p.m.**  
**Participants may select one session in this time period**

**C1. Dreaming on the Page: The Intersections between Dreams and Writing**

*Tzivia Gover, MFA, CDT, author and educator*

*“Writing is nothing more than a guided dream.”—Jorge Luis Borges*

The connection between dreams and writing seems natural in so many ways. Consider that many dreams have all the elements of literature including narrative, character, and plot. Some are even beautifully structured with scenes, repeating motifs, and seemingly poetic uses of metaphor and symbolism. Paradoxically, however, dreams are largely aliterate. The dreaming mind predates human literacy. Print is largely absent from most dream reports--and when words do appear, the dream ego often has difficulty reading them. In this talk I will draw from research on the dreaming brain, sources on dream interpretation, and literary works to explore the intersections between dreams and writing. I will consider how dreaming can serve the writer, and how writing can serve the dreamer. I will look to the works of contemporary and classic poets and authors to explain how dreams and creative writing are linked. I will also show how dreams can be used in the classroom as an antidote to the common complaint from new writers and experienced authors alike, that the empty page is intimidating and ominous. Most everyone, after all, has at least one remembered dream that can be used to provide a ready text. Writing exercises and prompts in turn can be used to help unlock the nuanced facets of a vexing dream. Even the simple act of committing a dream report to paper can begin the process of shifting from puzzlement to understanding in the dreamer’s awareness. I will demonstrate that by becoming more fluent with the connections between dreams and writing we are better able to use dreams and writing in our creative lives and to live more consciously as we gain greater understanding of the messages and meaning in our dreams.

**C2. Focus on the Dream: Photographic Techniques to Connect with a Dream**

*Laura Atkinson, Photojournalist, Artist*

Oneirography, defined as “metaphorical photographs inspired by a dream,” is a quiet yet beautiful subgroup in the photography circuit. In addition to photographic technique, this creative approach to photography emphasizes dream/waking embodiment, the art of observation, symbolism and synchronicity. In this introductory session we will look at the similarities between photography and the realities of the dream state, view images of dream inspired photography, and briefly consider methods of dream-photo analysis. Tips and techniques for creating your own “oneirography” will be shared.

## CLOSING KEYNOTE ADDRESS: 3:15 p.m. - 4:00 p.m.

### Dreams and Creative Problem Solving

*Deirdre Barrett, Ph.D., Author of The Committee of Sleep, Editor*

The French Surrealist poet, St Paul Boux, would hang a sign on his bedroom door before retiring which read: "Poet at work." A similar belief in nocturnal productivity was expressed by John Steinbeck: "It is a common experience that a problem difficult at night is resolved in the morning after the committee of sleep has worked on it." Steinbeck's term is especially apt as it sums up the nature of the unconscious in general and dreams specifically—not one uniform, entity but all the myriad aspects of our selves which may not reach awareness when we're awake. Creative dreams have produced two Nobel prizes and numerous paintings and novels. Music from a Beethoven sonata to the Beatles' "Yesterday" have been heard by their dreaming composers. Armored ships, designs for telescopes, the structure of benzene, and mathematical formulas have arrived in dreams. This talk will review these breakthrough anecdotes as well as more formal research on frequency and types of problems which are solved in dreams. It will also cover practical tips for increasing problem solving dreams—the incubation techniques which have been helpful in formal research and ones culled from the more dramatic anecdotes.

## GENERAL INFORMATION

- Registration Fee includes continental breakfast & buffet lunch. **Register early to ensure a lunch ticket.** Register by 4/22/13 to receive an early bird discount!
- Please see the registration form on-line for complete registration instructions.
- Meals will include vegetarian and gluten-free options.
- Conference location is College Hall, Regis College, 235 Wellesley Street, Weston, MA  
[www.regiscollege.edu](http://www.regiscollege.edu)
- Refund policy: refunds are available up until the registration deadline of May 10, 2013 (less a \$20 processing fee). There will be no refunds after May 10, 2013 unless the conference is cancelled or full.
- Questions? Contact Dr. Curtiss Hoffman at [c1hoffman@bridgew.edu](mailto:c1hoffman@bridgew.edu)

**REGISTER AT <http://www.asdreams.org/regionals/2013newengland/>**

## CONFERENCE PLANNING COMMITTEE

This conference is made possible with support from the International Association for the Study of Dreams and through the volunteer efforts of the planning committee.

*Thank you.*

Dr. Curtiss Hoffman, Co-Chair  
Sonia D'Alarcao, Co-Chair  
Jeff Armano  
Laura Atkinson  
McKayla Hoffman

Lesley Zarat  
Allyson Linehan  
Barbara Decker  
Haley Albano  
Beth Scanzani



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