



Dream News

December 2017 Volume 15 Issue #11
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in Scottsdale, AZ:

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 November Membership Total: 52

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35th Annual IASD Dream Conference
Doubletree Resort Paradise Valley
Scottsdale, Arizona

June 16 - 20, 2018

Important Deadlines:
 Call for Presentations: 15 Dec 2017
 Call for Artwork: 15 Mar 2018
 Call for Volunteers: Open Until Filled

To register or more information
iasdconferences.org/2018

35th IASD Dream
 Conference
 Scottsdale, Arizona
 June 16 - 20, 2018



<http://iasdconferences.org/2018/> for
more information

- New Conference Video
- **Call for Submissions:** Now Open Online Deadline December 15, 2017.
- **Registration for the Conference** Now Open!
- **Call for Volunteers** Open – your chance to attend for \$80
- **Lodging Registration:** Now Open at a low \$89 group rate per night at the beautiful Doubletree

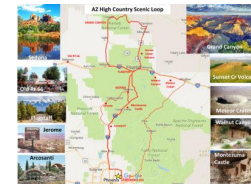
The Venue • is the beautiful Doubletree Paradise Valley Resort; a resort hotel in a Frank Lloyd Wright style architecture, near the heart of Scottsdale Arizona at a low \$89 per room night. It is also a perfect location for attendees who want to stay over for a few days to drive the cool high country loop to the many destination sites in Arizona (see below). The hotel is 12 miles from the Phoenix Sky Harbor international airport. We have negotiated the same discount rate for 3 days before and after the

Keynotes and Featured Presenters • a partial early snapshot includes: **Fariba Bogzaran, PhD** - founder of the Dream Studies Program at John F. Kennedy University and author of *Extraordinary Dreams*; **Lee Irwin, PhD** - Professor of Religious Studies at the College of Charleston and author of *The Dream Seekers*; **Michael Grandner, PhD** - Director of the University of Arizona Sleep and Health Research program; **Katja Valli PhD** - IASD Research Committee Chair and Senior

- Paradise Valley Resort.
- Preliminary Keynote Announcement
- [Call for Dream Art](#)

conference for attendees who want to take advantage of the local attractions or a high country trek.

Researcher at the Department of Psychology, University of Turku, Finland.



NEW IASD VIDEO!

IASD is delighted to announce that our talented videographer, Christine Anderson, has generously created a beautiful new video about the 2018 conference in Phoenix. Enjoy the magical scenery of the nearby Grand Canyon and listen to IASDers sharing why our dream conferences are so special, vibrant, and unique. We hope you will all join us for next year's exciting event!

Watch the video here and kindly share it with your friends. [IASD YouTube Video](#)

CALL FOR DREAM ART ENTRIES

[Application Open Online](#)

The 2018 Juried Dream Art Exhibition will be held in conjunction with the annual conference at Scottsdale.

Deadline: March 15, 2018.

We are now accepting original art work about or inspired by dreams (visionary or emotional experiences that occurred during sleep). Two-dimensional and multi-dimensional media will be considered, including painting, drawing, collage, sculpture, video, and installation art. You do not need to be a member of IASD or a conference attendee to participate. [Click](#) for entry information.

PLAN A TREK TO THE ARIZONA HIGH COUNTRY

Bring your family or organize a group of friends to drive the scenic loop and cool rim country of Arizona ([see the map and pictures](#)). The Grand Canyon is only a 4 hour drive but you will want to stop along the way to see the many sights: the red rocks and mystic vortexes of Sedona; Flagstaff and Oak Creek canyon with its natural water slide, Meteor Crater, the massive Indian cliff dwellings of Walnut Canyon; and drive back via the backroads through the Ghost Town of Jerome; stop off at the cliff dwelling of Montezuma's Castle or the fantastic architectural vision of Paolo Soleri at Arcosanti. Continue your visit to include the Painted Desert, the Petrified Forest, the ribbon canyons of Lake Powell in Page AZ, or re-capture the 50's on Old Route 66 in Seligman.

THE ERNEST HARTMANN AWARD FOR STUDENT RESEARCH

Curtiss Hoffman, Student Research Awards Chair



Ernest Hartmann
1934-2013

We are pleased to announce that the anonymous donor who generously provided funding for the Student Research Award last year has graciously agreed to provide matching funds for the 2018 competition! The IASD Board of Trustees will provide the balance of funds.

As in previous years, there will be two \$500 awards. The first is for the best student submission of original scientific research on dreams and dreaming. The second is for the best student submission of original historical, literary, artistic, or theoretical

Participants may also electronically submit videos in AVI formats, or music in MIDI or MPS formats.

IASD-Student Research
1672 University Avenue
Berkeley, CA 94703 USA

Mark on any mailed box "OK to leave on porch."

Alternatively, a copy can be faxed to the IASD Office at 1-209-724-0889, or scanned and emailed as an attachment to office@asdreams.org. A note or cover letter should be included to indicate that this is for the IASD Student Research Award.

Participants must specify which of the two awards they are applying for. In the case of papers with multiple authors – in terms of the ideas presented as well as the description of the results – the contestant must indicate clearly, in either the text of the paper or in an accompanying letter, what portions are the submitter's work.

Research that has been published prior to the submissions deadline is not eligible for this award.

Submissions must include a copy of the participant's student ID.

Winners will be announced during the General

On the other side of the planet, the world is getting into bloom again. This month I will be sharing news about a weekend organized by our Dutch sister organization VSD – a two day event that was a big success. We also have some news about the Brain Awareness Week that the IASD will be participating in next year.

The IASD can help you organize and promote your own dream event. If you are planning such an event, feel free to contact us, and we will talk about possible ways the IASD can help you.

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If you want to join our regional team, you are welcome. You would need to become a member of the IASD if you are not already registered.

Please check the IASD website for up-to-date names and contact information for the regional representative in your area. The [Regional Representative webpage](#) is divided into regions, making your search more user-friendly.

If you would like to become a representative or for further information, please contact Susanne Van Doorn, Chair of the Regional Events Committee, at [susanne@mindfunda.com](mailto:susanne@mindfunda.com)

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### Droomweekend in the Netherlands

From November 10-12 the VSD held its biannual Droomweekend (Weekend of Dreams) at the Beukenhof at Biezenmortel.

After settling down with a drink, we opened with Dream-theatre. Even though this was a bit of a gamble (we had not done this before), it actually went very well. People obviously enjoyed playing roles related to dream-fragments, although we have no tradition for this. Some used the entire audience to fill the roles, others enjoyed taking the stage on their own. After this, a small group entered the Dream Helper Ceremony with Barbara de Koning. We ended the night in the bar, so that everybody could chat and ease into the weekend.

On Saturday, after dream groups, participants could enter two workshops, one out of three in the morning and one out of three in the evening. The afternoon was filled with Zelda Hall's enchanting "The role of Dreams in the embodiment of the Soul". Working with a (childhood) dream, she demonstrated the forces at work in our dreams.

The other lecture of the day was given by Monique Dankers, who integrated Byron Katie's "The Work" into her Dreamwork. The evening closed with a most beautiful dream ceremony with the singing bowls from Hannah van der borst, in which her link to Shamanism became ever more evident.

Harry de Bont ended our weekend with a confidence boost in a lecture / workshop on Universal and Individual Talent, as found in life and dreams. Immediately encouraging us to find these motives in our dream journals we left Biezenmortel with filled hearts and lots of to think about.



### Brain Awareness Week 2018

Brain Awareness Week (BAW) is a global event that we'll be asking every IASD

member to help make local, spreading awareness of the dreaming brain and IASD itself.

Every day during March 12–18, 2018, IASD will make one or two short articles available for posting online—and before that, a handout summarizing the most important things to know about the dreaming brain. You can help grow the lay audience for these articles by reposting them on your social media pages and blogs, and sharing them with your family, your kids' teachers, your healthcare providers.

Among the planned topics are theories of why we dream, lucid dreaming, sleepwalking, and PTSD nightmares. We'll be hearing from some of IASD's best-known authors, as well as some we don't hear from as often: scientists, a psychotherapist, and a sleep-disorder experimenter.

BAW is an annual project of the Dana Foundation, which supports brain research in a variety of ways. It began in 1996, and since then, more than 5,600 partners (now including IASD) have participated, in 120 countries.

If you'd like more information, or would like to write a brain-related article about your area of expertise, email Gloria Sturzenacker at [glsturz@cs.com](mailto:glsturz@cs.com).



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### JORDI BORRÀS GARCÍA INTERVIEWS FROM AROUND THE WORLD

For our Spanish speaking members, IASD Board Member Jordi Borràs García has been interviewed on three international radio shows on dreams, politics and alternate states of consciousness.

On the Catalan radio station, **Catalunya Ràdio** entitled "Dreams in Times of Uncertainty" the role of dreams in the profound crisis between Spain and Catalonia were discussed.

Argentinian radio station **La Universal Radio**, the topic of dreams and answered questions from the listeners were addressed.

This podcast is for a website directed by and for young, modern people, interested in alternate states for consciousness. It is a lively conversation based on his recorded answers to their questions

### CRAIG WEBB INTERVIEWED ON LUCID DREAMING

Craig [Webb](#) was glad to be interviewed on CJAD radio about lucid dreaming and by CBC radio about his dream-inspired music and his book: *The Dreams Behind the Music: Learn Creative Dreaming as 100+ Top Artists Reveal their Breakthrough Inspirations*. For more information please visit <http://dreamsbehindthemusic.com>

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In this issue of Hot Off the Press we will be focusing on recurring dreams. The intention of this column is to publish links to evidence-based scientific articles on the study of dreams that are written for a non-research audience.

### HOW TO STOP HAVING THAT AWFUL RECURRING DREAM BY LEIGH ANDERSON

The majority of adults will report having at least one recurring dream during their lifetime, and five to six

percent of the adult population will report an ongoing problem with nightmares," says Antonio Zadra, a professor at the University of Montreal and a researcher at the Center for Advanced Research in Sleep Medicine.

SOURCE: [LIFE HACKER](#)

### RECURRING NIGHTMARES COULD REFLECT YOUR DAILY FRUSTRATIONS

People who are frustrated because their basic psychological needs for autonomy, relatedness and feeling competent are not met are more likely to have a recurring bad dream and to analyze their dreams negatively. This is according to Netta Weinstein of the University of Cardiff in the UK, who is lead author of an article on dreams published in Springer's journal Motivation and Emotion.

SOURCE: [MEDICAL XPRESS](#)

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### ILLUMINATED COSMIC DREAM VOYAGES



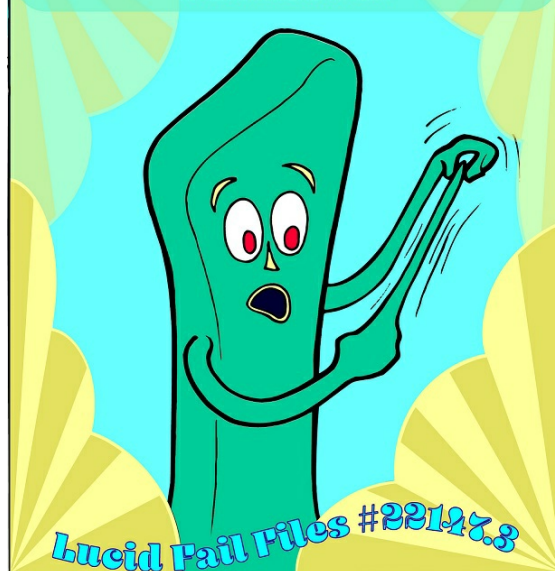
TOTAL NOVEMBER RENEWING MEMBERS =  
42

Curtiss Hoffman  
Toby Hoffman  
Kimberly R. Mascaro  
Meredith Eastwood  
Ron Bugaj  
Donald J Curran  
Kim Vergil  
Cindy Lubar Bishop  
Michelle Samuel  
Marion Rollings  
Jerome Braun  
Prof Daniel Erlacher  
Chris Cunniffe  
Bonnie C Mitsch  
Paul Lippmann  
Monique Seguin  
Diana McKendree  
Mohamed Omar Salem  
John A Davidson  
Evelyn M. Duesbury  
Nancy Richter Brzeski  
Ms Ida M Adams  
Peggy Blake  
Don L Kuiken  
Barbara B. Sadak  
Monique Seguin  
Rev Bonnie Jill Tarwater  
George Gillespie  
David Billington  
Barbara J Bishop  
Cynthia S Sauln  
Mary C. Walsh  
Barbara OGuinn Condron  
Douglas Stokes  
Martha Anne Taylor  
Christoph J Gassmann  
George M. Leute III  
Philip H. King  
Alan Siegel  
Ronald F Baireuther  
Susan Turner Gabrielle  
2 Anonymous

TOTAL NOVEMBER NEW MEMBERS = 10

Hermine Mensink  
Wouter van Kempen  
Carlyle T Smith, PhD  
Mary Jane Smith  
Cathleen D Simpson  
Ruth A. White  
Brett S Dungan  
Rosemary Gosselin  
James G Sparks  
Intuitive Heart Online Network, LLC  
Henry Reed  
Patrick Walsh

DUE TO A POOR CHOICE OF REALITY CHECK,  
GUMBY NEVER QUITE KNEW WHETHER HE WAS  
DREAMING OR NOT.



*The Dream News Staff wishes all  
dreamers around the world a  
peaceful and joyous holiday  
season.*



STAY CONNECTED

