



Dream News

December 2019
Volume 17 Issue 11

Visit our Website

IN THIS ISSUE

2020 Annual Conference in Paradise Valley, Arizona

- Call for Presentation Submissions DEADLINE EXTENDED UNTIL DECEMBER 21, 2019.
- Special Lucidity Track
- DISCOUNT Early Bird REGISTRATION DEADLINE January 1, 2020
- Call for Volunteers – OPEN online
- Call for Art – OPEN online
- Preview of Keynotes

IASD 2019 Pledge Drive

- There Are Many Ways to Give

IASD Launches New Dream Study Groups Program

The Ernest Hartmann Award for Student Research

Regional News

- Save the Dates for Two Upcoming Regionals

Members in the Media

Hot Off the Press

Dream Toons (Illuminated Cosmic Dream Voyages)

November New and Renewing Membership Total: 31

Contact:

office@asdreams.org
209.724.0889

Linda H. Mastrangelo, Editor

Joy Fatooh, Copy Editor

Laura Atkinson, Design & Layout

Richard Wilkerson, Office Manager

Jean Campbell, Executive Committee
Advisor

Robert P. Gongloff, Editorial
Consultant

Delia Puiatti, Dream Illustrator



2020 IASD Annual International Conference in Paradise Valley, Arizona

37th Annual IASD International Conference

Saturday through Wednesday, June 13-17, 2020

<http://iasdconferences.org/2020/>

- Call for Presentation Submissions DEADLINE EXTENDED UNTIL DECEMBER 21, 2019 to help with busy holiday schedules
- Special Lucidity Track added – seeking submissions
- DISCOUNT Early Bird REGISTRATION DEADLINE January 1, 2020
- Call for Volunteers – OPEN, Audio Visual Support volunteers needed, other positions filling fast but wait list is open

Robert Hoss, MS: Dreams, Our Source of Resilience in Times of Stress and Trauma

Leslie Ellis, PhD: Combining Focusing and Jung: An embodied-experiential approach to working with dreams and nightmares

Stephen LaBerge, PhD: Lucid Dream Research, Then and Now

Ronald Keith Salmon, PhD: To Walk in Beauty (a visual and sensory experience)

Michael Nadorff, PhD (Invited): Bad Dreams and Nightmares: Causes, Correlates, and Interventions

Rubin Naiman, PhD (Invited): Integrative Health Model of Dreaming



The Program • Mark your calendars and plan to join us along with world renowned keynote speakers and more than 130 presenters from over 20 countries around the globe. It is more than just a conference but an extravaganza of fascinating presentations and special events. Everyone is welcome – whether you are a professional, a dreamworker, or just a curious or interested dreamer. The conference features peer reviewed presentations and workshops, in a multidisciplinary program including the scientific, psychological, spiritual, artistic, healing, lucid, extraordinary, and cultural aspects of dreaming; and a lot of fun events such as an opening reception, a Dream Art Exhibition and reception, the annual Psi Dreaming Contest, and the ever-popular costume Dream Ball.

Featured Lucid Dreaming Track • The program features a special Lucid Dreaming track with pioneer of lucid dream research Stephen LaBerge as a keynote. *Lucid Dreaming* author Robert Waggoner will host the track which will begin with an opening day special event for lucid dreamers to meet, share experiences and ask questions. Proposal submissions are welcomed.

The Venue • Doubletree Resort Paradise Valley Scottsdale, 5404 Scottsdale Road, Scottsdale, Arizona 85250. The venue next year is in a beautiful resort hotel at a very low \$94.00 cost per room night. It is also a perfect location for attendees who want to stay over a few days to visit the many unique and exciting destination sites in Arizona such as the Grand Canyon, the old Western towns and Native American historical sites. 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 conference for attendees who want to take advantage of the local attractions.



CALL FOR PRESENTATIONS

Submission Deadline- December 21, 2019
(Research Poster deadline February 15, 2020)
For Submission Instructions and Forms Go to
<https://iasdconferences.org/2020/>

Submissions • High quality proposals are invited that fall into any of the following tracks: Research and Theory; Clinical Approaches; Dreamwork Practices; Arts and Humanities; Education; Religion, Spirituality and Philosophy; Extraordinary, Psi and Lucid Dreams (includes the featured lucidity track); Dreams and Health; Culture and History; and Mental Imagery. Submission categories include Paper Presentations; Symposia; Panels; Workshops;



CALL FOR VOLUNTEERS

Volunteers attend the conference for \$100, performing roughly 14 conference hours of work. The initial registration fee is \$200 and half (\$100) of the fee is returned after the duties are completed. This fee covers the conference attendance, all receptions and the dream ball. Volunteers must arrange for their own travel, lodging, meals, CE fees, recordings, and any special events they wish to attend.

The duties include 4 categories: Registration/Info Desk, Room Monitor, Audio Visual Support and Art Exhibition. If you wish to volunteer, click the button above to apply. Once you apply you will be sent a letter of acceptance if there is a position

Special Events; Morning Dream Groups; and Poster Papers. IASD encourages presenters of all backgrounds to apply and to be sensitive to matters of diversity and disability in their submissions and presentations.

open. That letter will include a deadline by which you must register and pay the non-refundable volunteer fee. Apply early since acceptance is determined by a combination of application date and available positions. Positions fill early but you can apply to be on the wait list, which often opens up in early spring. You may address any volunteer related questions to [Julie Sparrow](#)



2020 Juried Dream Art Exhibition

DEADLINE FOR ENTRIES:

Midnight March 15, 2020, GMT

Eligibility: We are accepting original art work about or inspired by dreams. You can exhibit whether you are competing for a prize or not. You do not need to be a member of IASD or a

conference attendee to participate in the IASD Juried Dream Art Exhibition.

Media: All two-dimensional and multi-dimensional media will be considered, including painting, drawing, collage, sculpture, video, and installation art. Artworks that are unusually large or require extensive installation may not be accepted but will be considered. We are not able to accept performance art. Performance artists may wish to consider submitting a proposal for a special event for the conference program (deadline for those proposals is December 15, 2019).



Give the Gift of Dreams - IASD Pledge Drive 2019

THANK YOU FROM THE DREAMERS OF THE FUTURE!

There are so many ways you can give the gift of dreams to family and friends during IASD's 2019 Pledge Drive. We hope you will help, because today the world needs dreams and dreamers more than ever.

In addition to giving the gift of IASD membership, which you can easily do, we're asking that you contribute to IASD's Pledge Drive before the end of January, 2020.

With your donation, you can help encourage:

- Dream Research with the Dream Science Grants
- Student scholars with the Ernest Hartmann Awards
- Dream artists with the IASD Art Awards
- Conference scholarships, low-income memberships, and other educational activities with the Rev. Jeremy Taylor Memorial Education Fund
- Or simply donate to IASD's General Operations funds.

Between now and the end of January 2020, we hope to raise over \$10,000 toward these efforts. Your contribution helps. Those who contribute will also be listed on IASD's Pledge Donor Page. IASD is a 501(c)3 US Nonprofit Organization. For those in the United States, donations are tax deductible.

Thanks for your loving generosity.

<https://www.asdreams.org/pledge2019/>

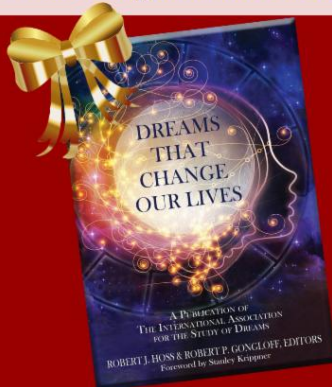
a 501(c)3 nonprofit

HOW CAN YOU CONTINUE TO SUPPORT IASD ALL YEAR ROUND?

jólabókaflóð:

Icelandic: "Yule Book Flood," when the majority of books in Iceland are sold between September and December in preparation for Christmas giving. Icelanders have a deeply ingrained tradition of giving books to each other on Christmas Eve and then spending the night reading.

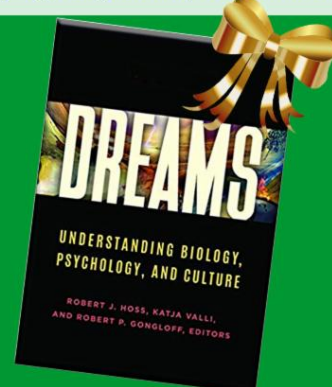
We encourage Book Lovers to adopt this tradition to match your gift-giving holiday celebrations!



Why not begin with a publication of the International Association for the Study of Dreams?

Both available on Amazon.com

Bring on the New Year with sweet dreams!



Support IASD Through Facebook Fundraisers

Do you know that Facebook makes it easy to ask for money as a birthday fundraiser? If you want to make IASD a recipient for your birthday fundraiser, you can ask your friends to donate to our great organization.

IASD's Laurel Clark did this for her birthday, and raised \$371 in donations for IASD. All you need is a Facebook profile. Facebook walks you through how to set it up, does not charge a fee, and gives the money to the organization you designate.

Support IASD With AmazonSmile

Would you like to continue to support IASD all year long? Try AmazonSmile, an easy way to give money without the stress. Click on this link and sign up. Every time you make a purchase on Amazon, 0.05% goes to our organization.

<https://smile.amazon.com/>



IASD Launches New Dream Study Groups Program

For the first time in IASD's history, members and non-members alike can join the IASD Dream Study Groups Program (DSGP), where like-minded individuals will be able to meet and interact in our "DSGP Tea Room" and will be assigned to small Dream Study Groups with one of IASD's

Regional Representatives as a host.

Dream Study Groups will follow IASD's DSGP Foundation Series over the course of a year in an engaging and interactive way, with access to forums and discussion questions every week.

The DSGP Foundation Series brings together courses on *A History of Dreaming*, *The Science and Psychology of Dreaming*, and *Dreamwork Methods (Parts 1 and 2)*. Each course includes video presentations and weeks of discussion questions to talk about in forums with your regional Dream Study Group. You will take a quiz after the forums end to earn a certificate of completion.

The cost for participation in the DSGP, \$50 for IASD members and \$75 for non-members, will include:

- Access to the "DSGP Tea Room," a global forum where dreamers can connect
- Access to our three Foundation Series Courses
- A one-year membership in a hosted Dream Study Group where members will interact on forums and discuss course content over the year

The Dream Study Groups Program will start March 1, 2020. Registration will begin January 1, 2020. For more information [click here](#).

THE ERNEST HARTMANN AWARD FOR STUDENT RESEARCH

Curtiss Hoffman, Student Research Awards Chair

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 2020 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 research. Undergraduate and graduate students are eligible to submit papers.

See <http://www.asdreams.org/student-awards/> for details and submission instructions.

All participants must submit their presentations in electronic format, preferably through email, to office@asdreams.org; or if necessary by mailing the files on a CD or a DVD to the IASD postal address (go online for instructions) by March 1, 2020. Participants may also electronically submit videos in AVI formats, or music in MIDI or MPS formats.

Winners will be announced during the General Membership Meeting at the 2020 IASD Annual International Conference at Scottsdale, Arizona.



REGIONAL NEWS YOU CAN USE

Michelle Carr, Chair, IASD Regional Events Committee

Save the Date for two Regional Events occurring this coming April 2020: in Vilnius, Lithuania, and Ashland, Oregon!



6th IASD EUROPEAN REGIONAL CONFERENCE

APRIL 25-26, 2020

VILNIUS, LITHUANIA



<http://www.asdreams.org/regionals/vilnius/>

6th IASD European Regional Event

April 25-26, 2020, Vilnius, Lithuania

Waking up to Dream

Throughout history dreams have been a wellspring of inspiration, a source of creativity and insight, and a means of connection with the divine or of deepening bonds within families and communities. In modern culture, dreaming life has been largely neglected, yet recent advances in sleep and dream research highlight the importance of dreams to our emotional and mental health, learning and creativity; show the efficacy of therapeutic approaches of working with dreams; uncover the potentials of lucid dreaming and the most effective approaches to induce lucid dreams; empower nightmare sufferers; and disentangle the mechanisms of the dreaming brain. This event will bring together leading dream researchers, therapists, psychologists, philosophers, educators and other professionals working with dreams to reconsider the importance of dreams in our modern culture and accentuate their potential for personal, interpersonal and societal growth. By waking up to dream, we can be more awake to live.



A Midsummer Night's Dream Gathering

Ashland, Oregon Regional Event

Co-sponsored by the International Association for the Study of Dreams

Saturday evening 4/25 and Sunday 4/26, 2020

Hidden Springs Wellness Center • 635 Lit

Way, Ashland, OR 97520

and the

Oregon Shakespeare Festival • 15 S. Pioneer

St. Ashland, OR 97520

Dreamers, Faeries, Beloveds, and Rustics! IASD and hosts Angel Morgan, PhD of Ashland, Oregon and Kelly Bulkeley, PhD of Portland, Oregon invite you to join us in Ashland for this 1 day regional gathering that includes 1 evening of the Oregon Shakespeare Festival (OSF) show *A Midsummer Night's Dream*. After registration, introductions, and dinner out with friends, you will see the play as a group on Saturday night. Then Sunday, immerse yourself in an enchanting morning filled with optional morning dream groups, a panel with *A Midsummer Night's Dream* artists from OSF, and A Midsummer Night's Dream symposium. After a delicious lunch in Ashland, explore your dreams creatively in afternoon workshops inspired by themes in *A Midsummer Night's Dream*; then, after dinner, conclude the day with a magical walk in Lithia Park.

MEMBERS IN THE MEDIA

NEW YORK PUBLIC LIBRARY TO ARCHIVE THE DREAM NETWORK JOURNAL

The campaign to create a publicly accessible archive of the Dream Network Journal has been running since April this year. In that time, the campaign has raised nearly \$4500 from over 40 supporters, including a major contribution from Kelly Bulkeley. The journal published almost 140 issues 1982-2015.

Now the campaign has reached one of its major goals: the New York Public Library (NYPL) is very keen to complement their incomplete set of Dream Network Journals, and house the full archive for perpetuity. From its humble beginnings in founder Bill Stimson's New York City apartment, this piece of Dream Movement history is returning home with grand new lodgings. Given the Dream Network Journal's local heritage and place within broader countercultural history, Shannon Keller, the Helen Bernstein Librarian for Periodicals and Journals, thought it fitting to add to NYPL's collection.

Campaign organizers Inoshi Denizen and Dan



CATALUNYA RÀDIO INTERVIEWS JORDI BORRÀS

Jordi Borràs was interviewed on Catalunya Ràdio and discussed the relationship between dreams and synchronicities. [Please click on this link to hear the full show](#)

Kennedy, with the help of editor Roberta Ossana, have assembled the 94 issues that NYPL is lacking and will deliver them to the library next month. Currently the full set is being scanned, and the digital archive will be available online early next year.

The campaign is still accepting donations at <https://chuffed.org/project/dream-network-journal>



In this issue Hot Off the Press focuses on the role of fear in dreams. This column publishes links to evidence-based scientific articles on dreams that are written for a non-research audience.

HOW OUR DREAMS PREPARE US TO FACE OUR FEARS

Do bad dreams serve a real purpose? To answer this question, researchers from the University of Geneva (UNIGE) and University Hospitals of Geneva (HUG), Switzerland – working in collaboration with the University of Wisconsin (USA) – analyzed the dreams of a number of people and identified which areas of the brain were activated when they experienced fear in their dreams. They found that once the individuals woke up, the brain areas responsible for controlling emotions responded to fear-inducing situations much more effectively.

SOURCE: [Technology Networks](#)

THE SLEEP PHASE WHERE YOU DREAM MAY MAKE YOU LESS PRONE TO FEAR BY LINDSAY HOLMES

A new study shows that rapid eye movement, the stage of sleep where dreaming occurs, may help the brain better respond to stressful situations.

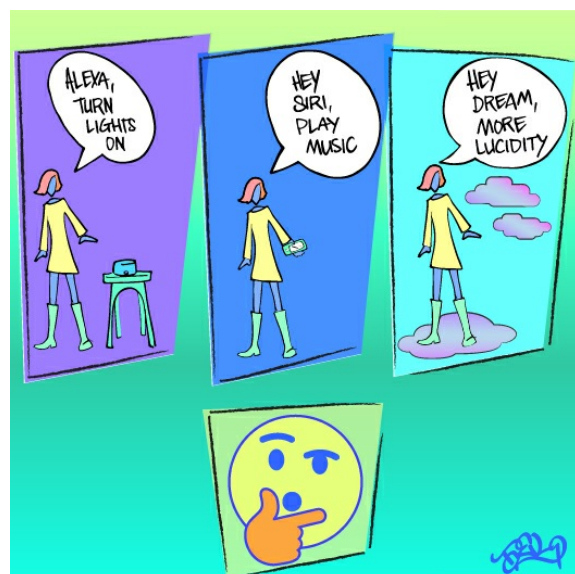
Research published in the [Journal of Neuroscience](#) found that people who spent more time in REM sleep during the night showed lower fear-related brain activity when exposed to mild electric shocks the following day. The results suggest that getting good REM sleep can help protect a person from “enhanced fear,” the study authors wrote. This means better REM sleep may make people less prone to trauma or fear-related health issues, like post-traumatic stress disorder.

SOURCE: [Huffington Post](#)

TOTAL NOVEMBER NEW AND RENEWING MEMBERS = 31

Total November Renewing Members = 27

Laurie Greenberg
Arthur T. Funkhouser
Evelyn M. Duesbury
Ole Vedfelt
Linda Yael Schiller
Daniel Erlacher
Pieter de Jong
Willem J.J. Fermont
Mary C. Walsh
Cindy Lubar Bishop
Michelle Samuel
Craig Borden
Kelly Lydick
Benjamin Whitehurst
Marlene Botha
Johanna King



George Gillespie
Ruth A. White
Brett S. Dungan
Walter E. Berry
Layne Dalfen
Laura H. Hileman
Intuitive Heart Online Network, LLC
Erik Craig
George M. Leute III
Martha Anne Taylor
1 Anonymous

Total November New Members = 4

Katharine Asals
Damian Amamoo
Marie Bourassa
Dream Designs, Vancouver Canada



STAY CONNECTED

