



# Dream News

January 2020  
Volume 18 Issue 1

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## 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 Research Poster submissions deadline February 15
- Submission Wait List open until February 15
- Call for Volunteers – OPEN online, positions filling fast but wait list is open
- Call for Art – OPEN online, deadline March 15

**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.

**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

**Call for Poster Presentations OPEN - deadline February 15, 2020**

**If you missed the December 15 Submission Deadline** there may be room on the wait list for late regular submissions, on a space available basis. The Call for Presentations will remain open for online wait list submissions until February 15, 2020 as well.

**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;

## CALL FOR VOLUNTEERS

**While positions have filled or are filling fast, the wait list is open, so applications are welcomed online for all positions.**

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

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; 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.

above to apply. Once you apply you will be sent a letter of acceptance if there is a position 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](#)



## SEEKING ARTISTS FOR 2020 CONFERENCE DREAM ART EXHIBITION

**DEADLINE FOR ENTRIES:  
Midnight March 15, 2020, GMT**

Submissions are still open for the Juried Dream Art Exhibition to be held at IASD's 2020 annual conference, for original art work about or inspired by dreams.

Click the 'Call for Artwork' button for full terms and guidelines. 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. Art works that are unusually large or require extensive installation may not be accepted but will be considered. We are not able to accept performance art.

**Know any artists who are often inspired by dreams? Pass this info on!**



## Give the Gift of Dreams - IASD Pledge Drive 2019

**THANK YOU FROM THE DREAMERS OF THE FUTURE!**

**Donate Now to the 2019 IASD Pledge Drive**

Children are our future. And they are dreamers. A gift to IASD's 2019 Pledge Drive means that we will be able to provide programs and activities that impact dreamers from this moment forward: parents, educators, students, researchers, therapists and dream enthusiasts who will pass their knowledge on to future generations of children.

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

Contribute NOW to IASD's Pledge Drive 2019.

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.

We hope to raise over \$10,000 toward these efforts between now and the end of January. 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



## In Memory of Laura Bishop Lefelar

### IASD Member Makes Contribution to Dream Research Through Her Memorial

IASD member Laura Lefelar, LLC, a New Jersey psychotherapist who passed on in November, made a unique contribution to IASD's Pledge Drive 2019 when she requested that her friends and family members donate to IASD in her memory.

As a result, over \$1,200 has been contributed to IASD's Dream Science Grants for ongoing dream research projects.

Many thanks to Laura and her kindness to IASD

## HOW CAN YOU CONTINUE TO SUPPORT IASD ALL YEAR ROUND?

### 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 a Smile

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/>

## 2019 Research Grant Awards Recipients Announced

IASD, in partnership with the DreamScience Foundation (DSF), provides annual seed grants for dream research. The objective is to stimulate dream related research and enhance IASD's mission in supporting research. The number of grants, and the amount for each, are limited by the funds made available each year from DSF and others who donate to the Dream Science Grants fund (see Pledge Drive above). So we unfortunately can't fund all of the excellent proposals received, but attempt to fund or partially fund as many as we can.

**This year the following awards were made:**

Claudia Picard-Deland, BSc; Karen Konkoly, BA; Wilfred Pigeon, PhD; Michelle Carr, PhD. University of Rochester Medical Center NY, USA. *Overnight serial awakenings to investigate the temporal and stage-specific aspects of memory sources in dreams.*

Pilleriin Sikka, MSc; Jarno Tuominen, MA; Antti Revonsuo, PhD; Katja Valli, PhD. University of Turku, Finland. *Affect Across Different States of Consciousness: From Dreaming to Waking Experiences*

Remington Mallett PhD Cand.; Manuela Kirberg, Claudia Picard-Deland, Tore Nielsen PhD. University of Texas at Austin & Monash Univ; Université de Montréal. *Structuring the variety of sleep phenomenology with text mining.*

Dr Ceri Bradshaw, PhD; Mr Richard Summers, PhD candidate; Dr Rhys Jenkins, PhD. Department of Psychology, Swansea University UK. *REM sleep, dreaming, and prefrontal cortex activity in regular cannabis users versus non-users.*



## IASD Dream Study Groups Program Registration Now Open

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 is open now. 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](mailto: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*

Registration is now open for two Regional Events occurring in April 2020:  
in Vilnius, Lithuania, and Ashland, Oregon!



*Waking up to Dream*  
**6<sup>TH</sup> IASD EUROPEAN REGIONAL CONFERENCE**  
**APRIL 25-26, 2020**  
**VILNIUS, LITHUANIA**



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

**6<sup>th</sup> 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 to 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.

### KEYNOTE SPEAKERS:

- **Martin Dresler** (Donders Institute/Radboud University, Netherlands) on neuroscience of lucid

dreaming

- **Audrius Beinorius** (Vilnius University, Lithuania) on dream theories in Indian philosophy

**CALL FOR PAPERS:** Submission deadline **January 15 2020**

The program is multi-disciplinary. High quality proposals are invited addressing any of the following topics: Research and Theory; Clinical Approaches; Dreamwork Practices; Arts and Humanities; Education; Religion, Spirituality and Philosophy; Extraordinary, Psi and Lucid Dreams; Dreams and Health.

Submit Proposals and Register Here: <http://www.asdreams.org/regionals/vilnius/>



**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**.

Register here: <https://www.asdreams.org/regionals/ashland2020/>

Accommodations here: <https://www.osfashland.org/en/plan-your-visit/accommodations.aspx>

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## MEMBERS IN THE MEDIA

### LUCID DREAM SONGS AND LYRICS

Dr. Clare Johnson was interviewed by popular YouTube channel, Genius News, to comment on sleep paralysis and lucid dreaming which appear in the songs of Billie Eilish, rapper Juice WRLD and others. Tragically, just two days after this video was published, Juice WRLD died at only 21. You can view the video here: <http://deepluciddreaming.com/2019/12/music-about-lucid-dreams-and-sleep-paralysis-nightmares/>

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

### **FROM KENYA TO ETHIOPIA, THESE MEN RECEIVED DIVINE DREAM 'MAPS' TO CARVE CAVES**

On December 26, 2019, BBC Swahili released a video featuring Francisco Ouma, an elder from Busia, western Kenya, who received a message from God to carve a cave. The message came in the form of a map that he received through his dreams. Since February 1967, Ouma has followed the divine map delivered in his dream. Today, his cave has 24 rooms and counting. In southern Ethiopia, a similar testimony exists from an elder named Mohammed Yiso Banatah, who said back in 2012 that he was visited by Allah 33 years ago in a series of ten dreams. Through the dreams, he received explicit instructions from Allah to ultimately create underground wedding chapel caves.

**SOURCE:** Global Voices

<https://globalvoices.org/2019/12/26/from-kenya-to-ethiopia-these-men-received-divine-dream-maps-to-carve-caves/>

### **DREAMS, VIRTUE AND DIVINE KNOWLEDGE IN EARLY CHRISTIAN EGYPT BY DORU COSTACHE**

The authors of this study posit a specifically Egyptian approach to the questions of whether and how one can see God in dreams. In works of the first to fourth centuries, Alexandrian philosophers – starting with Philo – and theologians – starting with Clement and Origen – developed a new approach to dreams that was to have profound effects on the spirituality of the medieval West and Byzantium. That approach, founded on the principles of Platonism, was based on the convictions that God could send prophetic dreams and that these could be interpreted by people of sufficient virtue.

**SOURCE:** Academia

[https://www.academia.edu/36726326/Dreams\\_Virtue\\_and\\_Divine\\_Knowledge\\_in\\_Early\\_Christian\\_Egypt](https://www.academia.edu/36726326/Dreams_Virtue_and_Divine_Knowledge_in_Early_Christian_Egypt)

### **Total December New and Renewing Memberships = 46**

#### **Total December Renewing Memberships = 38**

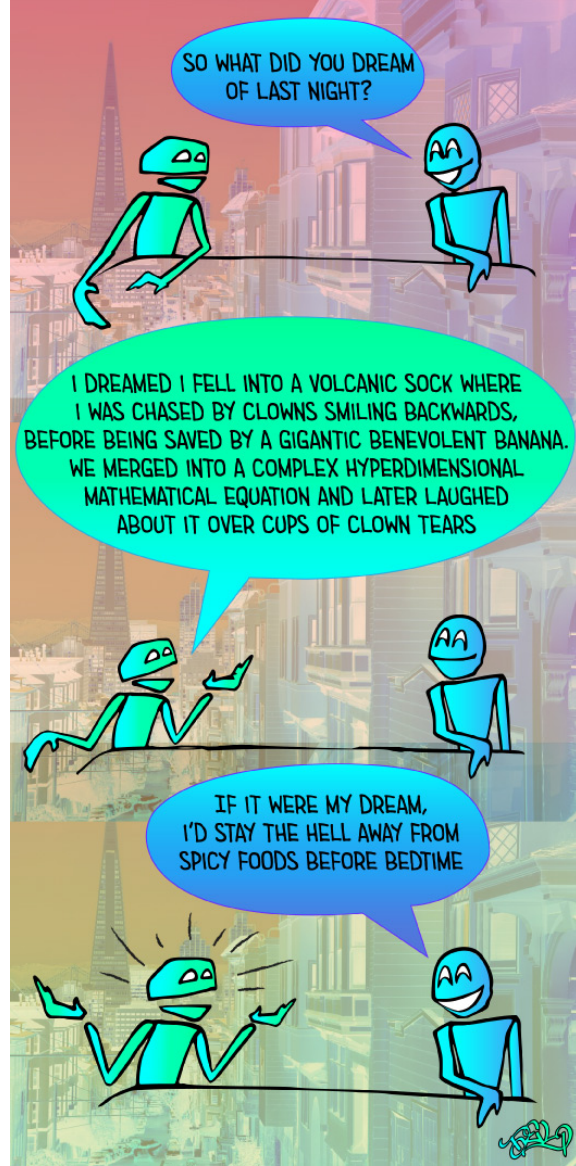
Christopher Sowton  
Jennifer Thompson  
Carlyle T. Smith  
Mary Jane Smith  
Matthew Hugh Erdelyi  
Diane M. Zizak  
Brigitte Holzinger  
David Kahn  
Iain Ross Edgar  
Nicole Gratton  
Tallulah R. Lyons  
Barbara J. Bishop  
Richard Bonk  
Mohamed Omar Salem  
Megumi Yama  
Charles Stewart  
Debbie Spector Weisman  
Henry R. Warder  
David Billington  
Ted Hiebert  
Suzanne Saldarini  
Frank and Janet Beurskens  
Karim Bou Said  
Barbara Koning  
Joseph De Koninck  
Don L. Kuiken



Jill E. Fischer  
Jayne I. Gackenbach  
Sandy Prins  
Susan H. Stember  
Jeri L. Staley  
Don Laird  
Ruth A. O'Donnell  
Francesco Gazzillo  
Margaret Marion Bowater  
Carolyn S. Cobb  
Jerome Braun  
Juhani Kaariainen  
Umberto Barcaro  
Deborah Kelley-Galin  
1 Anonymous

**Total December New Memberships = 8**

V. Jan Freeman  
Kimberlee G. Soule  
Alain Kieser Ibk  
Claude Couture  
Azima Lila Forest  
Christopher N. Ufere  
Krystal Woods  
1 Anonymous



**Happy New Year  
to you and yours  
from the  
Dream News Team!**

STAY CONNECTED

