



# Dream News

May 2020  
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Visit our Website

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## IASD PRESENTS SPECIAL JUNE ONLINE OFFERINGS

Mark your calendars! IASD is planning an online program of events to take place June 13-17, the week for which our Annual Conference was originally planned.

**Sunday June 14th** at 9 a.m. PST (12 p.m. EST, 4 p.m. GMT): **Keynote Speaker Series.** Keynote speaker Leslie Ellis is organizing an online webinar where we will hear from keynote and invited speakers from the IASD 2020 Conference Program. The live program and recordings will be available for a small fee, with additional donations accepted to offset IASD's losses from canceling the annual conference.

**Monday June 15** at 9 a.m. Pacific time (noon Eastern time, 4 p.m. GMT): the **IASD Annual Membership Meeting** will take place on Zoom. **This is a free event that all members are welcome to attend**, which includes a Presidential Address, introducing new Board members, learning about IASD research grants, student awards, conference plans, and other committee and financial news from IASD leadership.

**Tuesday June 16:** An **Online Art Show** will be organized to feature artists who had planned to present at the 2020 conference. The Art Show is always a huge hit at the Annual Conference, showcasing the dream-inspired artworks of many of our members and greater dreaming community. **The Art Show will be free of charge** and available to members and non-members alike.

Also stay tuned for details on how to participate in an **online precognitive dreaming contest** and other fun ways to interact with and support the IASD dream community during this special week in June! We

look forward to seeing you there!

Finally, a reminder to our Board of Directors that we will also have two **Board Meetings, Saturday June 13 and Wednesday June 17** at 9 a.m. Pacific time (12 p.m. Eastern time, 4 p.m. GMT) which will take place on Zoom.

## ANNOUNCEMENT REGARDING IASD CONFERENCE ART SHOW

Enjoy a dream art exhibition from the comfort and safety of your home as we will be hosting a free ONLINE DREAM ART SHOW! Following cancellation of the 2020 Annual Conference, we will continue using existing submissions that have already been received (please note that submissions have closed). Stay tuned for updates here and on social media as details are finalized!

[facebook.com/associationforstudyofdreams/](https://www.facebook.com/associationforstudyofdreams/)

Instagram @iasddream

Twitter @DreamScholars

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## LETTER FROM OUR IASD PRESIDENT ANGEL MORGAN

Dearest IASD Members,

I am thinking about you and hoping you are all safe and well, physically, mentally, emotionally, and spiritually. My heart goes out to any of you who have suffered due to the global pandemic we have been experiencing both personally and collectively. It is incredibly heartwarming that as an organization, a family, a tribe—whether in dreamtime or cyberspace, we find ways to continue to gather together and grow.

Since the cancellation of our beloved June conference, it is important now more than ever that we stay connected and involved, and find creative ways to do so. As we are an organization of dreamers, many of you have already stepped up with excellent suggestions. The majority of suggestions have involved moving more of IASD's offerings, for the time being, online. Although we are not able to move the entirety of our June conference online this year, behind the scenes we are working hard to help IASD have a good year whether we are in quarantine or not. At this time, I am pleased to announce that there are plans in action for some online offerings during the same week the conference was scheduled (June 13-17, 2020). All of our Special June Online Offerings are posted here, with a preliminary schedule, in *Dream News*.

Many esteemed IASD members are in the news right now, with interviews and articles about the effect of the COVID-19 pandemic on dreams and dreaming. Having dreams in the spotlight is in alignment with IASD's mission to "promote an awareness and appreciation for dreams in both professional and public arenas" and is a wonderful opportunity to more widely educate the public with what we know and love about dreams. There are also several IASD members currently conducting research about COVID-19 dreams. Now there is a link on the IASD homepage [www.asdreams.org](http://www.asdreams.org) to a "COVID-19 Dreams Media and Research" page where you will find up-to-date links to interviews and articles in the media around this topic, and a list of research currently being conducted by IASD members with contact info in case you have COVID-19 dreams you would like to contribute as a participant in your study of choice. If you are seeking social media conversations on this topic, members and non-members have been discussing COVID-19 dreams in the "International Association for the Study of Dreams" [Facebook Group](#).

In the true spirit of IASD, I want to thank all of you who continue to volunteer your time, efforts, and financial contributions to help IASD through this uncertain time. If you have ideas about how you would like to volunteer to help IASD, please email me: [angel@thedreambridge.com](mailto:angel@thedreambridge.com) or the IASD Office: [office@asdreams.org](mailto:office@asdreams.org)

I recently had a lucid dream with just these two sentences:

*This is not a time to give in.*

*This is time to build strength from within.*

Wishing you all beautiful, healing dreams filled with everything you need right now, whether it is hope, strength, safety, love, adventure, or a dash of wonder.

Dr. Angel Morgan  
IASD President

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## COVID-19 DREAMS PORTAL



### COVID-19 AND DREAMS PORTAL CREATED ON IASD WEBSITE

Currently there are many people around the globe reporting “COVID-19 dreams,” which reflect the unexpected situation in which we all find ourselves. Esteemed IASD members have been contributing interviews, articles and research on dreams during the pandemic which we have collected to create a new page on the IASD website. We hope you will find this compilation of information to be useful. For an up-to-date list [click here](#).

### DREAM COUNSELING RESOURCE BEING OFFERED IN TIME OF CRISIS

In response to the coronavirus pandemic, the Counseling Department of the University of Texas Rio Grande Valley (UTRGV) recently decided to launch a free online counseling program – which will include dream sharing groups – in hopes that it would 1) serve the needs of a community in crisis, and 2) permit UTRGV student interns to earn their direct hours by working with individuals who are willing to receive counseling in an online format.

The program will officially launch on May 11, 2020, and will offer individual, couples and group counseling. It will also offer dream sharing groups that will use the Five Star Method of dream analysis, developed by IASD member and past president Dr. Scott Sparrow, as a framework for guiding the group process.

For more information please [visit](#) or if you have questions, please contact us at [support@onlinecounselinggroups.net](mailto:support@onlinecounselinggroups.net).

**37th Annual Dream Conference**  
**International Association for the Study of Dreams**  
**DoubleTree Resort Paradise Valley, Scottsdale, Arizona**  
~~June 13-17, 2020~~

Due to the Covid-19 crisis, the IASD annual conference has been **cancelled**.  
Please check your inbox for details, refund information, and plans for IASD going forward.  
We appreciate and thank you for your understanding.  
Stay healthy. Keep dreaming!

**HTTP://IASDCONFERENCES.ORG/2020**

### NOTICE TO THOSE WHO REGISTERED OR HAD PLANNED TO PRESENT AT THE 2020 ANNUAL CONFERENCE

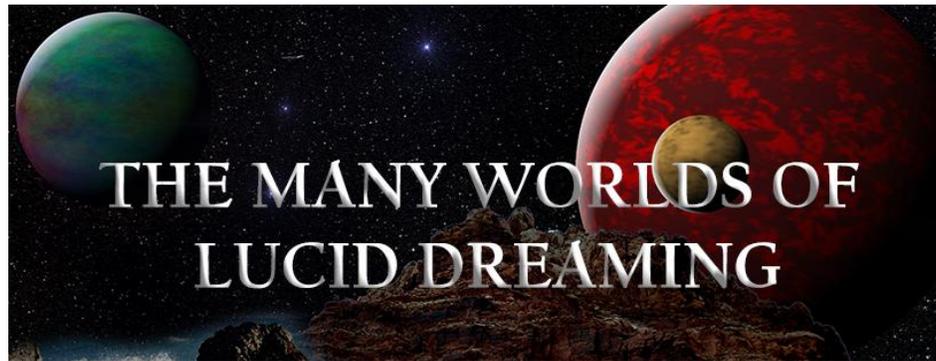
**Presenters:** Those of you who had planned on presenting this year are encouraged to submit proposals for our 2021 conference in Ashland, Oregon – either the same proposal or a new one. We are still working out the details but we plan a simplified approach for re-submitting your same proposal if you like, or you may submit a new one using the standard submission forms. The facility is a bit smaller so, as is the usual practice, schedule fit will be a factor in final approval for 2021. More to be announced.

**Registrants:** If you registered for the 2020 conference, refunds should have been distributed to you by May 1, although there have been just a few minor complications. If you have not received your refund by May 10 please notify Richard Wilkerson [office@asdreams.org](mailto:office@asdreams.org). We wish to very much thank those of you who offered to donate part or in some cases all of your registration fee to help IASD offset our losses this year. This is not something we expect since it is a tough financial time for most of us, but for those who do have the means we very much appreciate your generosity. If you do wish to donate please go to our [online donation page](#). Your refund will or should have been sent separately from this donation.

**Canceling Your Hotel Room:** The hotel has informed us that they have canceled all rooms associated with the conference; however, as a double check, if you have not already canceled your room it is a good

idea to try to do that so there is no chance you will be charged. To cancel your room please use the instructions you received on your confirmation form. There is a "contact us" link and a 1-866-866-8107 number on the bottom of the form. If you have a problem you can call the local number for the hotel, 480-947-5400 (hotel main line).

We will sorely miss the in-person energy of our Annual Conference this year, but we hope to see you next year in Ashland, Oregon at the Ashland Hills Hotel & Suites.



### **PRESENTATION PROPOSALS FOR ONLINE CONFERENCE: *THE MANY WORLDS OF LUCID DREAMING***

This autumn, the International Association for the Study of Dreams will present its first online conference on *The Many Worlds of Lucid Dreaming*. The conference will offer presentations on the many facets of the lucid dreaming universe, ranging from practical "How To" tips to explorations into psi, healing, philosophy, and spirituality, as well as the latest cutting edge scientific research.

**We invite IASD members to submit brief presentation proposals for consideration.** As this is a first time event that can accommodate only a dozen or so presentations, the conference co-hosts, Robert Waggoner and Ed Kellogg, will base selections on both quality and creating a balanced program covering a wide range of subjects and points of view, suitable for both beginners and advanced lucid dreamers. Presentation proposals need to include a title for the presentation, the name of the presenter, and a brief (two paragraph) description of what the presentation will cover. If this interests you – and we hope it does! – **please send your proposal(s) to co-host [RobWaggoner@aol.com](mailto:RobWaggoner@aol.com) by May 31.** The online conference will take place from October 31, 2020 to November 14, 2020.



### **ENROLL IN THE IASD ONLINE DREAM STUDY GROUPS PROGRAM**

This year, 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 forum discussions 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 next round of the DSGP will start September 1, 2020.

## VOTE FOR IASD BOARD MEMBERS NOW!

*Michelle Carr, PhD, Vice President and Chair of the Nominating Committee*

It's time to vote! Each year, five Board members complete their three-year term as IASD Directors and our members vote for five new Directors. At the February 2020 Board meeting, the IASD Board of Directors approved a wonderful slate of seven candidates recommended by the Nominating Committee: **Katherine Bell (USA), Walter Berry (USA), Harry de Bont (the Netherlands), Remington Mallett (USA), Linda Mastrangelo (USA), Jeanne Van Bronkhorst (Canada), Isaac Taitz (USA).**

From these seven candidates, the five with the most votes will be elected to begin their three-year term in June 2020. **PLEASE NOTE: Only current members of IASD can vote for Board Members.** You will receive a password for the vote and once you've signed the electronic consent form, you can go ahead and vote. To cast your vote please visit [2020 Time to Vote](#) where you will find bios and photos of the candidates.

In addition, the Board appointed three Directors: **Anna-Karin Bjorklund, Bob Hoss, David Kahn.** The slate of Executive Officers for 2020 has also been approved: **President, Angel Morgan; Board Chair, Anna-Karin Bjorklund; Vice President, Michelle Carr; Secretary, Bob Krumhansl; and Treasurer, Robert Waggoner.** All member-elected and Board-appointed Directors as well as IASD Executive Officers will begin their new terms in June 2020.

We look forward to receiving your vote. Thank you for helping us to create a wonderful and engaged team of people to head up IASD and enable our dream community to continue to grow and thrive.

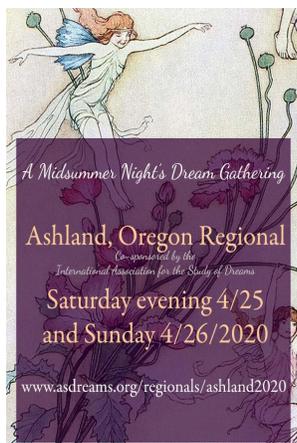


## REGIONAL NEWS YOU CAN USE

*Michelle Carr, Chair, IASD Regional Events Committee*

I want to extend my heart to all of those in our dreaming community who are facing this difficult time of uncertainty. I encourage you all to try to stay connected with other dreamers through our [IASD Facebook group](#), reach out to your [regional representative](#) or contact me if you're interested in [becoming a regional representative](#) for your local dream community.

The regional events planned for this spring have been postponed due to the coronavirus pandemic. Your health and safety is very important to us and we will continue to update the community as the situation unfolds.



**ASHLAND REGIONAL EVENT STATUS:**

*Waking up to Dream*  
**6<sup>TH</sup> IASD EUROPEAN REGIONAL CONFERENCE**  
**APRIL 25-26, 2020**  
**VILNIUS, LITHUANIA**  
<http://www.asdreams.org/regionals/vilnius/>



**EUROPEAN REGIONAL EVENT STATUS:**

### Postponed

The Oregon Shakespeare Festival (OSF) has made a public announcement that they plan to reopen September 8 for two months with only a handful of shows, including *A Midsummer Night's Dream*. Many other shows from the season have been canceled. [Click here to read the announcement from OSF](#). It is our intention to reschedule the IASD Regional, "A Midsummer Night's Dream Gathering" for late September or early October, dates still to be determined as the show dates have not been posted yet by OSF. Stay tuned for more updates on the [homepage of our website](#), and on [the Ashland regional website](#)!

### Postponed

The IASD Regional Event "Waking up to Dream," scheduled for April 25-26, 2020 in Vilnius, Lithuania is going to be postponed with an aim to host the event in the Fall of 2020. We are aware that many European countries have been imposing strict travel restrictions, and European universities are closing and restricting travel for their students and faculty. We are also keeping in mind the health and safety of our members and attendees, and for this reason have decided to postpone the IASD European Regional Event. If restrictions due to COVID-19 eventually make it impossible to hold the conference, fees will be returned. As we receive more information, we will post updates on the homepage of our [website](#) and on the regional [website](#). We will get in touch by the end of May to communicate our plans for the postponed European Regional Event. We ask for your patience as we continue to monitor the situation and we hope you will be able to join us at the European Regional Event in the future.

## MEMBERS IN THE MEDIA

### DEIRDRE BARRETT ON NBC NEWS

During the pandemic lockdowns, many people around the world are experiencing vivid and bizarre coronavirus dreams. Our very own Dr. Deirdre Barrett, a psychologist at Harvard University, has been collecting thousands of dream case studies since widespread lockdowns began and was interviewed for NBC News for her expertise on dreams and sleep especially during this pandemic. You can watch her [here](#)

### LOCKDOWN DREAMS PODCAST WITH DR. CLARE JOHNSON

Theresa Cheung, author of *The Premonition Code*, interviews IASD Past President Dr. Johnson to find out what is happening to our dreams, why we have nightmares, how we can make sense of them, and how lucid dreaming can help us to transcend fear and create lasting inner transformation. [Click here](#).



In this issue Hot Off the Press continues its focus on dreams during the coronavirus pandemic. This column publishes links to evidence-based scientific articles on dreams that are written for a non-research audience.

### CORONAVIRUS: 'TO SLEEP, PERCHANCE TO DREAM'

With the COVID-19 pandemic still very much a concern for people around the world, NPR has been covering the many ways it has affected our lives. Including how it would change our dreams. What does the science of dreams and sleep tell us about how we're reacting to COVID-19? And is there anything we can or should be doing to sleep soundly under existential stress? To discuss these questions, we spoke to Dan Gartenberg, sleep scientist and founder of Sonic Sleep Coach, and Lauri Loewenberg, dream analyst and author of "Dream On It," a book about dream interpretation.

### YOUR TERRIFYING DREAMS ARE TRYING TO TELL YOU SOMETHING. HERE'S HOW TO LISTEN BY TAMARA JEFFERIES

A surprise to no one, our anxiety levels are at their absolute highest. And how we each handle our anxiety might differ, but our subconscious minds often cope through dreams. Lately, there's been a huge uptick in vivid dreams. And while anxiety, lack of sleep, and the massive disruption in our routines are all contributing to our crazy stress dreams, how and why our subconscious psyches are in overdrive is a bit more complex. As it turns out, our anxiety dreams might actually be trying to protect our conscious minds. To understand why, we need to turn to the field of dream studies.

**TOTAL APRIL  
NEW AND RENEWING MEMBERSHIPS = 37**

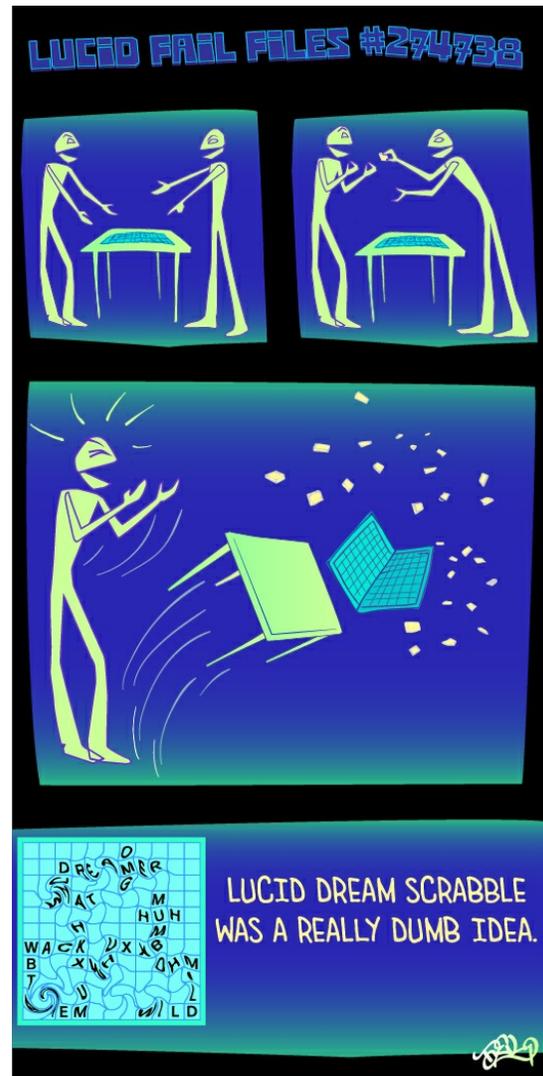
**TOTAL APRIL NEW MEMBERSHIPS = 8**

Mena Potts  
 Maria-Teresa (Teresa) De Castro Martinez  
 DOCUfilm Praha s.r.o.  
 Dawn M. Neighbors  
 Bartosz Samitowski  
 3 Anonymous

**TOTAL APRIL RENEWING MEMBERSHIPS = 29**

Gordon Membership  
 Ann Aaboe Bengtsson  
 Karen F. Boileau  
 Marlise Brauchli  
 Jane E. Carleton  
 Kathy Dirks  
 Leslie Ellis  
 Gary L. Goodwin  
 David P. Greene  
 Gerhard Kloesch  
 Katrina Martin  
 Julie Nauman-Mikulski  
 Massimo Schinco  
 Will Sharon  
 Patrick J. Stern  
 Adam Anczyk  
 Deborah Armstrong  
 Sheila M. Asato  
 Roser Camats Falip  
 Deborah Lilly Coupey  
 Star Edwards  
 Tracy A. Stone  
 Kelly Bulkeley  
 Franklin J. Galvin  
 Louis Hagood  
 Robert Moss  
 3 Anonymous

**DREAM TOONS  
(Illuminated Cosmic Dream Voyages)**



STAY CONNECTED

