



# Dream News

NOVEMBER 2020  
VOLUME 18 / ISSUE 10

Visit our Website

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## THE MANY WORLDS OF LUCID DREAMING OCTOBER 31 - NOVEMBER 14, 2020



*An Online Event from the International Association for the Study of Dreams*

<https://ASDreams.org>

*For More Details and To Register, Visit:*

[https://www.glidewing.com/iasd/lucid\\_dreaming\\_conference.html](https://www.glidewing.com/iasd/lucid_dreaming_conference.html)

## IASD'S ONLINE LUCID DREAMING CONFERENCE IS IN PROGRESS BUT YOU CAN STILL REGISTER

IASD's first ever *The Many Worlds of Lucid Dreaming* online conference features 12 exceptional IASD lucid dreamers (names and presentation titles below). Hosted by **Robert Waggoner** and **Ed Kellogg**, this online conference lasts for two weeks, beginning October 31, 2020.

**You can still register, but PLEASE NOTE:** although the conference ends on November 14, the Forum will be viewable as **\*READ ONLY\*** until November 21. Live events like Fariba Bogzaran's presentation are recorded, so are still viewable for registered participants.

To receive special IASD member pricing of \$79 (and lower pricing for students/low income), please register here: [https://www.glidewing.com/iasd/lucid\\_dreaming\\_conference.html](https://www.glidewing.com/iasd/lucid_dreaming_conference.html)

## Presenters and Topics:

- 1) **Fariba Bogzaran, PhD** - *Lucid Art and Creative Consciousness*
- 2) **Dale E. Graff** - *Lucid Aspects of Precognitive Dreaming*
- 3) **Robert Hoss, MS** - *The Wisdom Within*
- 4) **Ryan Hurd** - *Shamanistic Realms of Lucid Dreaming*
- 5) **Clare Johnson, PhD** - *From Nightmares to Healing through Lucidity*

- 6) Ed Kellogg, PhD - *Beyond the Matrix: A Lucid Dreaming Workshop*
  - 7) Linda Mastrangelo, LMFT - *Portals to Other Dimensions*
  - 8) Angel Morgan, PhD - *Developmental Lucid Dreaming for Children and Teens*
  - 9) pasQuale Ourtane-Krul, MSc, MA - *Goal Oriented Lucid Dreaming (GOLD)*
  - 10) Melinda Powell - *The Fullness of the Void*
  - 11) Karim Bou Said - *Lucid Healing*
  - 12) Robert Waggoner - *Lucidly Exploring the Depths of Creativity*
- 



## 2021 IASD ANNUAL CONFERENCE IN ASHLAND, OREGON

### Registration Now Open

#### **Early Registration Discount deadline January 1, 2021**

Mark your calendars, register and plan to join us, along with world-renowned keynote speakers and over 130 presenters from dozens of countries around the globe. It is more than just a conference; it's 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 Program:** The program is organized around a variety of multidisciplinary themes, aimed at engaging most everyone's interests: scientific, psychological, spiritual, artistic, healing, lucid, extraordinary, and the ethnic and cultural aspects of dreaming. Fun special events include receptions, a Dream Art Exhibition, a Psi Dreaming Contest, and the ever-popular costume Dream Ball. This year's featured tracks include Dreams & Ethnicity and Dreams & The Arts.

**The Venue** is the Ashland Hills Hotel and Suites in beautiful Ashland, Oregon, nestled on a quiet side of town just three miles from downtown. It is on a 14-acre property, where you can rest in the intimate courtyard patio and pool or relax in the open spaces immersed in nature amid inspiring views of the surrounding Ashland Hills. We have reserved a limited block of rooms and suites at discounted conference rates in the \$100 to \$115 range.

## CALL FOR PRESENTATIONS

**Due date for submissions: December 15, 2020**  
**(Due date for poster submissions: February 15, 2021)**

**All submissions must be made online**

**For instructions and Online Submission Forms go to:**  
**<http://iasdconferences.org/2021/call-for-presentations/>**

**Submissions Solicited:** High-quality proposals are invited that fall into any of the following tracks: Dreams and the Arts; Dreams and Ethnicity; Research and Theory; Clinical Approaches; Dreamwork Practices; Education; Religion, Spirituality and Philosophy; Extraordinary, Psi and Lucid Dreams; Dreams and Health; Culture and History; and Mental Imagery. Note the special emphasis this year on Dreams and Ethnicity, and on Dreams and the Arts – Ashland being a center for the arts. **Categories include:** Pre-organized symposia or panels; individual talks for a symposium; special events; workshops; morning dream groups; and poster presentations.

**Note on Pandemic Impact:** Since IASD had to cancel the 2020 conference, we are making it easier for those presenters who had an approved proposal that they wish for us to consider (unchanged) for 2021. You will only have to identify that 2020 submission (using a special form) and we will re-enter it into the 2021 approval process. Also, if we find out early next year that due to conditions surrounding the pandemic we are once again unable to convene onsite, our contingency plan is to convert the overall program to a live virtual conference – so feel comfortable in submitting your proposal.

IASD encourages presenters of all backgrounds to apply and to be sensitive to matters of diversity and disability in their submissions and presentations. IASD does not discriminate in accepting proposals with

## CALL FOR VOLUNTEERS

[Now Open - Apply Online](#)

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

The duties include four categories: Registration/Info Desk; Room Monitor; Audio Visual Support; and Art Exhibition. If you wish to volunteer, click the button above to apply (open on September 15, 2020). Once you apply you will be sent a letter of acceptance if there is a position open. That letter will have a deadline in it by which you must register and pay the volunteer fee. Apply early, since acceptance is determined by a combination of application date and available positions. You may address any volunteer-related questions to Julie Sparrow ([jrsparrow22@gmail.com](mailto:jrsparrow22@gmail.com))

## CALL FOR ART

**SUBMISSION DEADLINE IS MARCH 1, 2021**

**2021 Juried Dream Art Exhibition DEADLINE FOR ENTRIES: Midnight March 1, 2021,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, 2020).

Submissions and full prospectus available at <https://iasdconferences.org/2021/call-for-artwork/>

In the event that we remain impacted by an ongoing pandemic and can't hold an onsite conference, as happened in 2020, we still plan to hold the full 2021 conference but may have to switch to a virtual contingency. In this case, the exhibition will be virtual and not juried.

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### IASD ONLINE COURSES ANNOUNCED

The online course committee (OCC) intends to offer online courses on various aspects of dreams and dreaming to those IASD members and non-members who would like to take these as part of an independent study program. The initial offering will be the foundation series courses titled *The Science and Psychology of Dreaming* and *The Science of Lucid Dreaming*. While these courses are offered as part of the IASD Dream Study Group program, the OCC is responding to requests to also offer them as stand-alone independent study courses, which should appeal to those who prefer to take courses on their own.

*The Science and Psychology of Dreaming* course, taught by Robert J. Hoss, is a mini-tutorial which covers:

- The Basics
- The Psychology
- Exceptional Dream Experiences

It is designed for anyone interested in a summary of some of the theories and research findings related to our basic understanding of dreaming. Although there is still much unknown and even controversial about the nature of dreaming, this course offers a snapshot of some of the general thinking, citing research and theoretical literature.

*The Science of Lucid Dreaming* course covers the history of the first scientific evidence that lucid dreaming is a valid and distinct state of dreaming, and then surveys cutting-edge findings in the field. The course is taught by Robert Waggoner, an internationally known lucid dream pioneer, and is based on his presentation at the 2018 IASD Conference in Scottsdale, Arizona.

To enroll in either or both of these courses, please click on <http://iasdreamcourses.org/mod/page/view.php?id=1358&inpopup=1>

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

Authors of winning papers, as well as of papers deserving honorable mention, will be announced during the General Membership Meeting at the 2021 IASD conference in Ashland, Oregon, and in the Fall 2021 issue of *DreamTime*. Winners must agree to make their papers available for presentation either at a regional meeting of IASD or at the 2022 IASD Conference, and/or for publication in a future issue of *DreamTime* or *Dreaming*.

The Student Research Awards Committee is pleased to announce the awards for the 2020 competition:

- Quantitative Award: Katharina Luth, "Effectiveness of the Imagery Rehearsal Therapy for Nightmares in a Telephone Counseling"
- Qualitative Award: Lana Sackwild, "The Healing and Transformative Potential of Lucid Dreaming for Mitigating Depression: An Interpretive and Phenomenological Analysis"
- Qualitative Honorable Mention: Wania Shakeel, "What Are Dreams?"

The last of these submissions, remarkably, was by a 10-year old girl! This occasioned a lively discussion at the Annual Board Meeting about providing a special category for "young oneironauts." It had been part of Ernest Hartmann's original vision for the awards program that it be open not only to undergraduate and graduate students but also to younger dreamers. To achieve this, we welcome input from IASD members who may be interested in developing an innovative program in this area! Contact me at

[teximus@comcast.net](mailto:teximus@comcast.net).



### IASD DREAMLINKS HAS MOVED!

If you were already on [iasd-dreamlinks@yahoo.com](mailto:iasd-dreamlinks@yahoo.com) you will automatically be moved to [iasd-dreamlinks@googlegroups.com](mailto:iasd-dreamlinks@googlegroups.com)

If you would like to receive (a few each week) links to dream studies, research and other dream topics, there are a couple ways to join.

#### 1. Join by email:

Send to the email address below. You can put Subscribe in the email subject field and/or body if you wish.

[iasd-dreamlinks+subscribe@googlegroups.com](mailto:iasd-dreamlinks+subscribe@googlegroups.com)

You will receive an email back asking you to confirm either by selecting the button to join in the email, or just replying.

#### 2. To access all the features of the group (past posts):

Log onto your Gmail account upper right of square with google apps (select) and look for (MORE) (EVEN MORE) at end select GROUPS  
or just go to <https://groups.google.com/>  
change search from MY GROUPS to ALL GROUPS & MESSAGES  
search for dreamlinks  
Select dreamlinks  
Select join group button  
Answer questions (link a good idea and update good ideas)  
Select Join This Group  
Group Home page will show up.

#### Confused? Try this video

<https://youtu.be/UXO-DD-CfOY>



**IASD DREAM STUDY GROUPS PROGRAM UPDATE**  
*Co-Chairs, Michelle Carr and Angel Morgan*

The second round of the IASD DSGP Foundation Series (FS) commenced on September 1 with 84 people registered from the United States, Canada, Brazil, France, Spain, Germany, UK, the Netherlands, Hungary, and Australia. Participants in four new Dream Study Groups (DSGs) have been introducing themselves in the DSGP Tea Room with anticipation and excitement about dreams, dream studies, and the wonderful community of IASD. The second round has almost doubled from the first round, and there are more non-members (aka future members!) than members in this cohort.

Behind the scenes we continue to improve the DSGP FS experience that launched in March of this year, incorporating helpful feedback from DSG members and IASD presenters so that each new cohort's experience gets better and better. If you have been thinking about participating in the DSGP and inviting your dreamy friends to join you, we plan to open registration again on January 1, 2021 for the next cohort to start March 1, 2021. Also, in 2021 we will start to add more DSGP series options beyond the Foundation Series. Stay tuned!



**COVID-19 DREAMS PORTAL**



**COVID-19 AND DREAMS PORTAL POPULAR ADDITION TO IASD WEB SITE**

At this time, 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 page on the IASD website. Dreamers have been finding this compilation of information to be useful. Updates are made on a regular basis. For an up-to-date list of links to articles and dream research opportunities go to <https://www.asdreams.org/covid-19-dreams/>



In this issue Hot Off the Press we will be highlighting lucid dreams by featuring articles by the hosts of the IASD online conference, The Many Worlds of Lucid Dreaming. This column publishes links to evidence-based scientific articles on dreams that are written for a non-research audience.



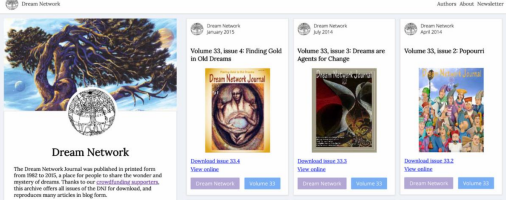
Some controversy has arisen on the nature of out-of-the-body (physical) experiences (OBEs) and lucid dreams (LDs), which many people lump together into a single category. Although OBEs and LDs have similarities, they also exhibit significant differences. In this paper, Ed Kellogg primarily focuses on the phenomenology of his own experiences, along with other reports of OBEs as contrasted with lucid dreams.

**SOURCE:** [ACADEMIA](#)

## CREATING THE DREAM REALITY BY ROBERT WAGGONER

As we seek to comprehend the alternate reality of lucid dreaming, we may initially feel that we manipulate the dream objects and figures, but ultimately we realize that we actually manipulate our own mind — particularly our beliefs, focus, expectations, intent, and will. By manipulating our mind within the lucid dream, we learn how to create the dream reality that we then experience.

**SOURCE:** [Awake Academy](#)



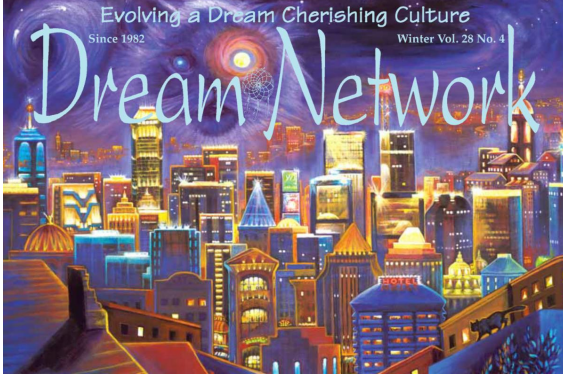
**Dream Network**  
The Dream Network Journal was published in printed form from 1982 to 2015, a place for people to share the wonder and mystery of dreams. Thanks to our crowdfunding supporters, this archive offers all issues of the DNJ for download, and reproduces many articles in blog form.

### NEW WEBSITE FOR THE DREAM NETWORK JOURNAL

In our May 2019 edition of Dream News, we featured a [fundraiser](#) to archive the Dream Network Journal. The journal was printed from 1982-2015, publishing 144 issues on all topics related to dreaming.

Now after 1½ years, the goal has finally been achieved! The full archive of the DNJ - both hard copy and online - is now available to the public for posterity. A full hard copy set is now housed at New York Public Library, and the new website has just recently been launched at [dreamnetworkjournal.com](http://dreamnetworkjournal.com). Thanks again to all of the contributors who made this possible.

In line with the DNJ's networking mission, the site is also opening up to new submissions from dreamers near and far! If you have articles, art, poetry, listings, upcoming news, new book launches or anything else on the topic of dreams, send them through to [hello@dreamnetworkjournal.com](mailto:hello@dreamnetworkjournal.com). The more topical the articles (COVID-19 dreams? Current world politics?) the better, but the theme is open to any dream-related topics.



**TOTAL OCTOBER NEW AND RENEWING MEMBERSHIPS = 38**

**OCTOBER NEW MEMBERSHIPS = 9**

Guy G. Lesoeurs  
Dennis R. Archambault  
Martin Lenk  
Janet Mast  
Alixandra Summitt  
Bridget E. Kromrey  
Yue Wang  
2 Anonymous

**OCTOBER RENEWING MEMBERSHIPS = 29**

Kelly Nguyen  
Daniel Fr. Renaud  
Becky Robbins  
Diane Payne  
Anita Hall

**Dream Toon with Delia Puiatti**  
**Dream Illustrator**

Marie Bourassa  
Intuitive Heart Online Network, LLC  
Janice S. Ryalls  
Shuhei Enomoto  
Wanda Burch  
Pieter de Jong  
Susan Turner Gabrielle  
Bruce Allan Blair  
Lise Robillard  
Katja J. Valli  
Allen Cohen  
Warren J. Nokleberg  
Mike Hackett  
Kelly Lydick  
Kimberly R. Mascaro  
Katharine Asals  
Allen Membership  
Laurie Greenberg  
Monique Seguin  
Cynthia Pearson  
Laia Molina  
3 anonymous

## MONEY \$AVING DREAM BALL COSTUME IDEAS!



THE WHOOPSIES

THAT DREAM WHERE YOU GAVE A TED  
TALK BUT FORGOT TO WEAR CLOTHES.  
NO SHIRT, NO SHOES,  
NO DRY CLEANING!  
\*DON'T FORGET THE EXTRA BLUSH!



SHABBY-CHIC SHADOW

THAT CREEPY SHADOW FIGURE FROM  
THOSE NIGHTMARES.  
METHOD: DON'T SHOWER, BRUSH  
HAIR, OR CHANGE CLOTHES  
FOR A YEAR.  
SUPER MONEY SAVER!



THE SCREAMER DREAMER

THAT NIGHTMARE WITH ALL THE  
CHASING AND YOWLING.  
WEAR ANYTHING, BUT RUN  
SCREAMING FROM EVERYONE AT  
THE DREAM BALL.  
THEN ASK THEM FOR A GIFT.



THE NO-RECALL  
NO DREAM-BALL

THAT DREAM YOU LOST ALL  
RECALL OF THANKS TO THE DANG  
ALARM CLOCK.  
JUST DON'T SHOW UP TO THE  
DREAM BALL!

### Artwork: Special Guest Anita Marie Myrvang

Anita has been causing a sensation on our IASD Facebook page and has been generous enough to share some of her wild dream inspired illustrations. Her new book [About Last Night: An Absolutely Bonkers Dream Diary](#) is now available.





STAY CONNECTED

