**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)

CALL FOR ART

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.

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://iasd dreamcourses.org/mod/page/view.php?id=1358&inpopup=1
REGIONAL NEWS YOU CAN USE

Michelle Carr, Chair, IASD Regional Events Committee

ASD European Regional Conference in Vilnius: Canceled

In the light of the ongoing global situation with COVID-19 and its second wave that is currently emerging throughout Europe, our dream to host the IASD European Regional Conference in April 2021 in Vilnius is, unfortunately, fading away. Thus, with deep regret we have to cancel the conference. We would like to thank all the registered presenters and participants for their interest in the conference and for their patience while our plans were put on hold. All fees that were already paid for the conference will be refunded. We do hope to hold the conference in the future (e.g., April 2022), once the world and life return to normal! In the meantime, we would like to encourage our presenters to submit their proposals to the 2021 IASD Annual Conference (https://iasdconferences.org/2021/). The 2021 conference is currently planned in Ashland, Oregon, June 13-17, but will be held online if the onsite conference is not possible.

IASD’S ANNUAL PLEDGE DRIVE BEGINS IN NOVEMBER

IASD’s annual Pledge Drive will begin in early November, 2020, and run through the end of January in 2021. Plan to donate at https://www.asdreams.org/donate/

Because we know that you care about the health and strength of IASD and all of its many dreamers, we hope that you will give generously during this very important time.

ERNEST HARTMANN STUDENT RESEARCH AWARDS – CALL FOR SUBMISSIONS

For the Committee, Curtiss Hoffman, Chair

We are pleased to announce that, thanks to a grant from an anonymous donor which is being matched by the IASD Board of Trustees, IASD is able to offer full-time graduate and undergraduate students the opportunity to compete for two (2) $500 awards for the best student papers in the field of dream investigation in 2020-2021: one for quantitative research, one for qualitative research including history, literature, theory, and the creative arts. The award is named in honor of the late Dr. Ernest Hartmann, a pioneer in dream research and the originator of the program.

Papers must be submitted in electronic format to the IASD Office at office@asdreams.org – or, if necessary, by mailing the files on a CD or DVD to the IASD postal address, P.O. Box 206, Novato CA 94948, by March 15, 2021. Participants may also submit videos in AVI formats, or music in MIDI or MPS formats. All submissions will be judged by a panel of IASD faculty members.
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.

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**IASD DREAMLINKS HAS MOVED!**

If you were already on iasd-dreamlinks@yahoo.com you will automatically be moved to 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
   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-CJOY
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 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.
A PHENOMENOLOGICAL APPROACH BY ED KELLOGG

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

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. 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. 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

Dream Toon with Delia Puiatti
Dream Illustrator

Kelly Nguyen
Daniel Fr. Renaud
Becky Robbins
Diane Payne
Anita Hall
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.
I won a contest where the prize was to lie completely still on stage throughout an entire Spice Girls concert.

I was late for a flight, and driving to the airport steering from the back seat. Naked.