



# Dream News

APRIL 2021  
VOLUME 19 / ISSUE 4

Visit our Website

## IN THIS ISSUE:

### 2021 IASD Annual Conference NOW VIRTUAL

- Same 5-day program – preliminary presenter schedule now posted
- Full Program to be posted this month
- Registration Now Open – deeply discounted
- Call for Virtual Volunteers
- The Virtual Dream Ball
- Check out the podcasts featuring our keynotes and presenters

Board News-Time to Vote!

IASD Online Courses

IASD Dream Study Group Program (DSGP)

- in its Third Launch

Regional News

IASD Dreams and Ethnicity Portal

- Features Victor Lee Lewis

COVID-19 Portal is a Popular Addition

In Memoriam

Members in the Media

Hot Off the Press

Dream Toon

Total March New and Renewing Memberships = 50

## Contact:

[office@asdreams.org](mailto: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

**International Association for the Study of Dreams**

★ **IMPORTANT ANNOUNCEMENT FROM THE CONFERENCE COMMITTEE** ★

**2021 IASD ANNUAL INTERNATIONAL DREAM CONFERENCE**

**Now a VIRTUAL Conference**  
with Global Reach via Zoom

**June 13 - 17, 2021**  
(Sunday - Thursday)

"A multidisciplinary conference for dream studies and dream work."  
Host: Angel Morgan  
Conference Director: Bob Ross

**For details about the conference: <https://iasdconferences.org/2021/>**

## 2021 IASD ANNUAL CONFERENCE NOW VIRTUAL

In order to ensure the safety of our attendees and to avoid the risk of having to cancel our conference once again due to ongoing pandemic conditions, IASD has found it necessary to hold our full 5-day conference virtually via Zoom. It will be live and interactive, with the same symposia, panels, workshops, morning dream groups, and special events offered as had been planned for the onsite program. This not only ensures the safety of participants but increases global access to the full event.

Please join us, along with five world-renowned keynote speakers and more than 130 presentations from over 100 presenters around the globe. It is more than just a conference; even in its virtual format, it will be

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. It is a multidisciplinary program that includes the scientific, psychological, spiritual, artistic, healing, lucid and extraordinary, ethnic and cultural aspects of dreaming; plus a lot of fun events including opening receptions, a virtual Dream Art Exhibition with a Meet the Artists reception, the annual Psi Dreaming Contest, and even a virtual gathering for the ever-popular Costume Parade and Dream Ball. This year's featured tracks include Dreams and Ethnicity and Dreams and The Arts.

See the updated website for the call for presentations, volunteers, new preliminary schedule layout, and other information at these links:

- **Registration** – new deeply discounted fee structure
- **Program & Schedule** – the same Sunday through Thursday, June 13 through 17 schedule on Pacific US time, featuring the same keynotes and invited presenters and the same live interactive symposia, panels, workshops, morning dream groups, and special events as had been planned for the onsite program – but in a virtual Zoom format. See the latest schedule of presentations. The full program with summary descriptions will be posted very shortly.
- **Call for Presentations** – the deadlines have passed for submitting presentations; however, you may submit to the wait list in the event something opens.
- **Volunteers** – virtual volunteer positions for Room Monitors and Help are filled; however, we encourage you to apply to be placed on the wait list in the event of an opening.
- **Art Exhibit** – the Art Exhibit will continue, but as an online exhibit.
- **Podcasts** – Check out the podcasts featuring our keynotes and presenters (see below).

## WE ARE PROUD TO ANNOUNCE THE FOLLOWING KEYNOTE AND INVITED PRESENTERS



Fanny Brewster, PhD



Eduardo Duran, PhD



Tore Nielsen, Professor



Keith Salmon



Michael Nadorff, PhD

### **Fanny Brewster, PhD - *Dreams: Letting My Heart Be Broken***

Dr. Fanny Brewster is a Jungian analyst and Professor of Depth Psychology at Pacifica Graduate Institute. She is a writer of nonfiction including *African Americans and Jungian Psychology: Leaving the Shadows*; *Archetypal Grief: Slavery's Legacy of Intergenerational Child Loss*; and *The Racial Complex: A Jungian Perspective on Culture and Race*. Her poems have been published in *Psychological Perspectives Journal* where she was the Featured Poet, as well as in other journals.

### **Eduardo Duran, PhD - *Dream Entity Bringing Form from the Blackworld to the Plantworld***

Eduardo Duran, PhD has been working as a psychologist in Indian country for over 30 years. He integrates western clinical theory with Indigenous theory as a method of exploring the psyche. Teachings from his Indigenous teachers inform all of his writings and clinical work. His books include *Native American Postcolonial Psychology*; *Buddha in Redface*; and *Healing the Soul Wound: Counseling with American Indians and Other Native Peoples*.

### **Tore Nielsen, Professor - *DIY Dream Research: The Case of Sleep Onset Dreaming***

Professor of Psychiatry, U Montréal; Director, Dream & Nightmare Laboratory (Center for Advanced Research in Sleep Medicine). Tore's research concerns sleep onset microdreaming, dreaming's role in learning/memory, and nightmare pathophysiology. His research methods include introspection, polysomnography, targeted memory reactivation, cognitive and personality testing, REM sleep deprivation, EEG/ECG spectral analysis, VR exposure, and internet-based dream collection.

### **Keith Salmon (Closing Film Event) - *To Walk in Beauty***

Keith Salmon interweaves original videography, poetry, prose, sound, and song to explore the intimate relationship between the Natural World and the World of Dreams. His work represents a constellation of the insights and revelations gained through his lifelong exploration of Nature's mysteries through the lenses of both biological science and art—and his 35-year apprenticeship in the study of dreams.

### **Michael Nadorff, PhD (Research Invited) - *Bad Dreams and Nightmares: Causes, Correlates, and***

Dr. Michael Nadorff is an associate professor of psychology at Mississippi State University. His research focuses on the association between sleep difficulties, particularly nightmares, and suicide. He has published more than 65 peer-reviewed manuscripts and received more than \$4.5 million in external grant funding from NIMH, SAMHSA, and the CDC.

---

## CALL FOR "VIRTUAL" VOLUNTEERS



[Now Open - Apply Online](#)

Virtual Volunteers may now attend the conference for \$0 fee in return for performing volunteer duties for roughly 50% of the conference session hours. The initial registration fee is \$200 which will be returned after volunteer duties are completed. This fee covers conference attendance (other than any added fee based special

events), all receptions, the Psi Contest, recordings, and the virtual costume parade and dream ball.

The virtual duties include two categories: Help Desk and Zoom Room Monitor. If you wish to volunteer, click the link above to apply. Existing volunteers who were approved for the onsite conference will have a chance to convert initially; however, new volunteers are invited to fill, or be wait-listed for, any remaining openings. You may address any volunteer-related questions to Julie Sparrow ([jrsparrow22@gmail.com](mailto:jrsparrow22@gmail.com)).

---

## THE VIRTUAL DREAM BALL

After days and days of cerebral activity and learning on Zoom screens, it is time to jump inside our dreams and lose ourselves in the catharsis of dance and music. Although we will be physically separate, grab a partner at home and dance with the music of Ed Mays Groove Kitchen, a Seattle-based red hot dance band made up of some of the finest musicians in the Pacific Northwest area. This band will rock your soul. Check them out at this link, or just join us all virtually as we dance in front of the camera while chatting with each other using the Zoom Chat function.

[Groove Kitchen link](#)

We will have our customary costume parade where you dress up as a character from one of your dreams and have a chance to BRIEFLY tell the dream the costume came from. What will a virtual costume parade and dream ball be like on Zoom, you ask? Whether you wish to enter the parade or just attend in costume, you can dress in a costume or mask. The Zoom "video filter" function even gives you the option of wearing a virtual mask.

### PLEASE NOTE: Cultural Appreciation

If your dreams are diversely populated, that's a beautiful thing. However, IASD members sharing the virtual dance floor will appreciate your awareness that cultural and/or racial appropriation is harmful to other members in waking life. The IASD Principles of Community statement says we value "Diversity: A constructive educational environment for participants at conferences and other activities, that welcomes the multiplicity of different approaches to dream studies, and strives to create an open, inclusive atmosphere of mutual respect." We hope you enjoy exploring the multiplicity of creative possibilities for dream costumes that won't offend other members. Here's some valuable information that might help you decide what *not* to wear:

["We're a Culture, Not a Costume" Poster Campaign](#)

["We're a Culture, Not a Costume" Video](#)

---

## PODCASTS WITH CONFERENCE KEYNOTES AND PRESENTERS

Interviews with 2021 Conference Keynote speakers and other presenters are being scheduled between now and June. Podcast hosts will schedule and air the interviews.



### Shrink Rap Radio with Dr. Dave

David Van Nuys, PhD is past chair and professor emeritus in Psychology at Sonoma State University.

In 2018, he received an award from the American Psychological Association for his pioneering podcast, Shrink Rap Radio.

On March 28, IASD Conference Keynote Presenter Michael Nadorff, PhD was interviewed on Shrink Rap Radio. The interview is now online as episode #743. IASD President, Angel Morgan will be interviewed on April 27 And Keynote Presenter Tore Nielsen will be interviewed on May 3.

All interviews can be seen at [www.ShrinkRapRadio.com](http://www.ShrinkRapRadio.com). Interviews are generally online the day following the interview.



### The Dream Journal with Katherine Bell

Katherine Bell is a member of the IASD Board of Directors and the founder of Experiential Dreamwork.

The Dream Journal airs live Saturdays from 10 to 11 am Pacific Time, streaming live at KSQD.org. It is released as a podcast on the Monday following the show on all major podcast platforms.

Upcoming guests on the show include:

- April 3: Angel Morgan
- April 10: Alaya Dannu
- April 17: Michael Lennox
- May 1: Keith Salmon
- May 8: Michelle Carr
- May 15: Tore Nielsen

### The Ask Doctor Dream Show with Kelly Sullivan Walden



An active IASD member, Kelly Sullivan Walden is a dream expert, a certified hypnotherapist, a best-selling author and an inspirational speaker. She has interviewed IASD conference Keynote and Invited speakers and other presenters for many years. Upcoming IASD guests on Ask Doctor Dream include:

- April 7: Michael Nadorff
- April 14: Bob Hoss
- April 21: Katherine Bell
- May 12 Keith Salmon
- May 19 Angel Morgan
- May 26 Tore Nielsen

The Ask Doctor Dream Show airs LIVE on [www.UnityOnlineRadio.com](http://www.UnityOnlineRadio.com)

Call-Ins are welcome:

**After the show**, each episode will be archived here: [www.unityonlineradio.org/ask-dr-dream](http://www.unityonlineradio.org/ask-dr-dream) and soon thereafter it will post to all podcast platforms, e.g. Apple iTunes, Spotify, Google Play.

### Dream Power Radio with Debbie Spector Weisman

<https://podcasts.apple.com/us/podcast/dream-power-radio/id1441339304?mt=2>

- April 22 11 am Pacific Time: Bob Hoss

## 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 2021 Board meeting, the IASD Board of Directors approved a wonderful slate of seven candidates recommended by the Nominating Committee to run in IASD's election: **Kiran Anumalasetty (India), Jean Campbell (USA), Maria Carla Cernuto (USA), Jordi Borràs García (Spain), Remington Mallett (USA), Kimberly Mascaro (USA), Angel Morgan (USA).**

From these seven candidates, the five with the most votes will be elected to begin their three-year term in June 2021.

**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 2021 Time to Vote, where you will find bios and photos of the candidates.

The slate of Executive Officers for 2021 has also been approved: **President, Michelle Carr; Board Chair, Maureen Boyd Biro; Vice President, Leslie Ellis; Secretary, Kelly Lydick; and Treasurer, Robert Waggoner.** All Board Directors and IASD Executive Officers will begin their new terms in June 2021.

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.



## IASD ONLINE COURSES

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 is a mini-tutorial which covers:

- The Basics
- The Psychology
- Exceptional Dream Experiences

The course is taught by Robert Hoss, who chairs our research grant committee, and is co-editor of IASD's book *Dreams: Understanding the Biology, Psychology and Culture* from which much of the course is derived. 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 still being researched about

the nature of dreaming, this course offers a snapshot of some of the general practices, recent research and theoretical thinking.

**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 author of *Lucid Dreaming*. It is based on his presentation at the 2018 IASD Conference in Scottsdale, Arizona.

To enroll in either or both of these courses, please [click here](#).



### IASD DREAM STUDY GROUP PROGRAM (DSGP) IN ITS THIRD LAUNCH

The IASD Dream Study Group Program (DSGP) has just begun its third launch, with students from around the world registered to follow one of our unique DSGP Series over the course of the next year. We are currently offering two DSGP Series:

The **DSGP Foundation Series** brings together courses on *A History of Dreaming*, *The Science and Psychology of Dreaming*, and *Dreamwork Methods*.

The **DSGP Research Series** brings together presentations gathered from IASD's first Online Dream Research Conference, which featured some of the best-known dream researchers in the world.

Both the DSGP Foundation Series and the Research Series include video presentations and discussion forums to prompt conversation with other DSGP members. Students take a quiz after each presentation to earn a certificate of completion.

Students follow course content together over the period of one year in an engaging and interactive way, with access to forums and written material. The cost for participation in the DSGP is \$50 for IASD members and \$75 for non-members.

**The next round of all DSGP Series will start September 1, 2021.** Registration will open July 1, 2021. For more information [click here](#).



### REGIONAL NEWS YOU CAN USE

**Michelle Carr and Jeanne van Bronkhorst, Co-Chairs of the IASD Regional Events Committee**

Greetings from Jeanne! The Regional Representatives are more than seventy IASD members representing thirty countries around the world. In my new role supporting this group, I am hoping to grow our connections with each other, to trade ideas for events and for building the dream communities in our respective regions. Many of us are meeting on April 17 via Zoom, in two different meetings to accommodate all the time zones. If you are a Regional Rep and would like to join us, contact me through the group email: [iasd-reps@googlegroups.com](mailto:iasd-reps@googlegroups.com). If you aren't able to make it in April, or if you are not a Regional Rep but are looking for a way to become more involved, I will be hosting a reception at our

conference in June. Come say hello!

We would also like to share with you an invitation to a dream event occurring in Russia:

### **Dear Colleagues!**

We are pleased to invite you to participate in the 3rd International Exhibition and Conference “GALLERY OF DREAMS,” which will be held in Moscow April 6-9, 2021. The conference will include a scientific program (April 6-7), master classes (April 8-9) and an exhibition that will last two weeks.

The goal of the project is to spread scientific knowledge about dreams for health, dreams as an inexhaustible source of creative ideas, and dreams in Russian and world culture. This information will be interesting for professionals (scientists, doctors, psychologists, art historians) and for the general public. The speakers are leading scientists in the field of medicine, psychology, linguistics, art history and other areas.

The exhibition will feature works created from dreams (paintings, drawings, installations), by both professional artists and children. Art shows, creative workshops, discussions, seminars (including webinars), an interview with creative people and specialists working with dreams, and a concert of musical works written from and about dreams, will all be featured at this exhibition-conference.

More information can be found on the conference website: [dreamconference.ru](http://dreamconference.ru)

Kind regards,

**Elena Korabelnikova,**  
***President of the Russian Society of Dream Researchers***



*Dream painting created by Alaya Dannu*

### **IASD ANNOUNCES DREAMS AND ETHNICITY PORTAL AND DAC FEATURING VICTOR LEE LEWIS**

After working with the IASD Board this year, new IASD member and Social Justice Educator Victor Lee Lewis has volunteered to join the IASD Diversity Task Force Advisory Committee. More about Victor's work with the Board coming soon in the Spring edition of *DreamTime Magazine*.

The Dreams and Ethnicity track explores dreams through traditional worldviews and welcomes dreamers of all ethnicities to submit presentation proposals of high quality that reflect their experience with dreams in relation to their self-identified ethnicity. In this track, the meaning of dreams is of spiritual significance to the waking reality of human life and identity. The Dreams and Ethnicity track supports IASD's growth within a supportive multi-ethnic environment, and brings forward people who have a different contribution to make to the study of dreams, in order to open up everyone's perspective.

This portal includes photos and bios of IASD's Diversity Task Force Advisory Committee (DAC) members; a "Diversity Response" contact email; resources in the form of websites, publications, podcasts; and links to Diversity-related exercises for dreamers such as the powerful and healing dream-incubation exercise Dolores Nurss has initiated in the IASD Facebook Group.

With active updates from the IASD DAC, this portal is a means to advocate for greater BIPOC representation in the organization's positions of responsibility and leadership, to reflect the rich diversity of traditions and perspectives in dream studies worldwide, and to engage in the practical application of our [Principles of Community](#) to all of IASD's mission and work.

This portal provides fundamental resources to inspire further research in the areas described by the new Dreams and Ethnicity track for IASD International Conferences.

To access portal please [click here](#)





## COVID-19 DREAMS PORTAL



### COVID-19 AND DREAMS PORTAL POPULAR ADDITION TO IASD WEBSITE

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 Memoriam  
Kirsten Borum  
April 5, 1942 – January 10, 2021**

**Kirsten Borum was a dream therapist and meditation teacher in Denmark. She combined dream work with energy work, meditation and healing, and studied under Jes Bertelsen and Bob Moore.**

**She was very involved in the Danish and international dream community, acting as a Regional Representative of IASD in Denmark, and one of the founding members of the Danish Association for the Study of Dreams in 2005. She was a highly gifted and bright teacher with a special passion for connecting people, and throughout her life she touched the lives of many people with a lasting and transformative impact. Based on her unique approach, she established many dream groups over the years, some of which are still active. She remained part of one of these groups up until 2019.**

**For further information, contact Tonnie Pernille Albertus  
(taarup@gmail.com)**



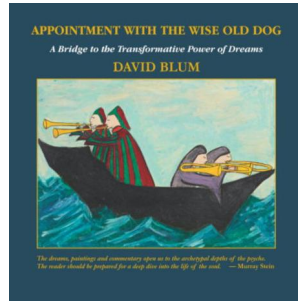
## Members in the Media



### IASD BOARD MEMBER SPEAKS ON SPIRITUALITY AND CHILDHOOD DREAMS

Jordi Borràs García speaks on dreams for two new programs:

- radio program "Versiórac1" on RAC1 radio station, dedicated to the kind of dreams we had during childhood (in Catalan): [Radio Program Link](#)
- debate via Zoom, entitled "Dreams and Spirituality," to which Jordi was invited along with other specialists in dream work from different parts of Spain (in Spanish): [Zoom Debate Link](#)

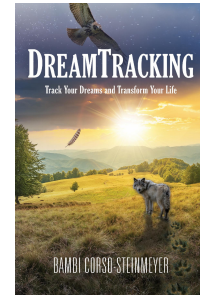


### APPOINTMENT WITH THE WISE OLD DOG NOW IN BOOK FORM

Announcing David Blum's long-awaited book! *Appointment With The Wise Old Dog: A Bridge to the Transformative Power of Dreams* provides the necessary, comprehensive complement to his highly regarded 1996 documentary. It contains the foundational work comprised of forty-three dream paintings and commentaries derived from a lifetime of numinous archetypal dreams so that Blum's cancer experience turns out to be only a part of his whole life's story, a coda to his thirty-five-year inner journey. By re-entering the dream state and allowing the images to speak to him, Blum gently leads the reader into his world of color, form, music and the mapping of his soul. A private link to the entire remastered DVD is included with the book.

Yo-Yo Ma's Introduction to the DVD: [Yo Yo Ma](#)

The book is available on [Chiron](#) or [Amazon](#)



### NEW BOOK ON DREAM TRACKING

In her first book, *DreamTracking: Track Your Dreams and Transform Your Life*, Bambi Corso-Steinmeyer teaches you how to track dream images and elements that appear as they lead you on an inward journey towards your authentic self. Your dreams offer an internal guidance system that, when followed, can transform your life. In this book you will gain insight and awareness that will help you in all aspects of your life.

Link: [Dream Tracking](#)



In this issue Hot Off the Press focuses on the science of dreams and food, featuring one of our 2021 Conference keynotes, Tore Nielsen. This column publishes links to evidence-based scientific articles on dreams that are written for a non-research audience.

### DREAMS OF THE RAREBIT FIEND: FOOD AND DIET AS INSTIGATORS OF BIZARRE AND DISTURBING DREAMS BY TORE NIELSEN AND RUSSELL A. POWELL

In the early 1900s, the Dream of the Rarebit Fiend comic strip conveyed how the spicy cheese dish Welsh rarebit leads to bizarre and disturbing dreams. Today, the perception that foods disturb dreaming persists. But apart from case studies, some exploratory surveys, and a few lab studies on how hunger affects dreaming, there is little empirical evidence addressing this topic.

SOURCE: [FRONTIERS](#)

### WANT TO REMEMBER YOUR DREAMS? EATING THESE FOODS CAN HELP BY HOLLY VAN HARE

Ever wake up in a cold sweat, or in a fit of tears, or inexplicably inspired, only to immediately forget the dream that prompted those emotions? If your dream was frightening or disturbing, this might seem a welcome coincidence. But sometimes, your dreams are *really* cool — because your brain is really cool. And it comes up with some wacky, amusing, or even (pardon the pun) *dreamy* scenarios. According to a recent study conducted by a team of dream researchers at the University of Adelaide, what you eat before

bed can help. By adding just one nutrient to your diet — vitamin B6 — you are statistically more likely to remember your dreams.

SOURCE: [THE DAILY MEAL](#)

---

## TOTAL MARCH NEW AND RENEWING MEMBERSHIPS = 50

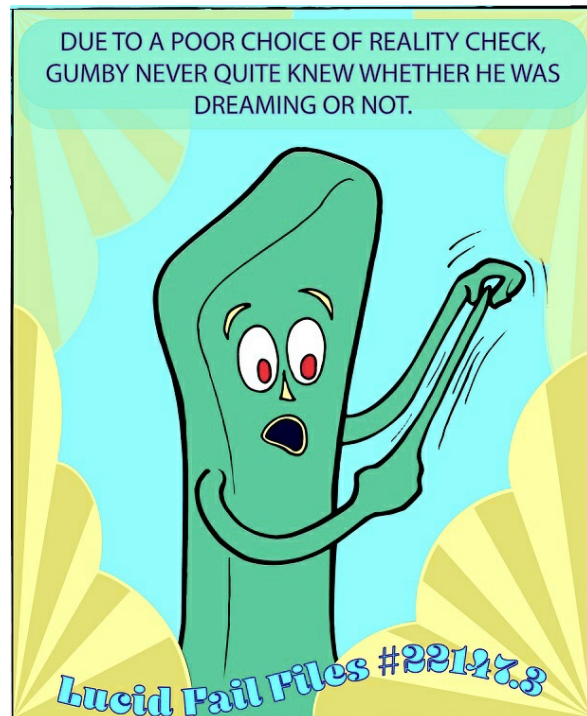
### New members = 10

Rose R. Mersky  
Fir Emmanuel  
Elizabeth C. Harvey  
Alyssa Spungen  
Aleena Chia  
Leilani Navar  
Carrie Fields  
Andrée Ostiguy  
Taylor S. Lovins  
Victor Lee Lewis

### Renewed members = 40

Kravitz Membership  
Helen Landerman  
Laurie Slade  
Paul Lippman  
Linda Y. Schiller  
John T. Shaw  
Connie Bovier  
Lukas Bauer  
Lauren Z. Schneider  
Richard J. Woods  
Valerie T. Bigelow  
Marco Zanasi  
Kathy Dirks  
Patricia K. Kampmeier  
John M. Corbett  
Jennifer E. Closshey  
Nancy L. Jamieson  
Mary-Therese Dombeck  
Amy Lloyd  
Bhaskar Banerji  
Barbara Koning  
Mavis R. Curry  
Ann Aaboe Bengtsson  
Guy Hall  
Lauri A. Hafvenstein  
Gerhard Kloesch  
Kevin P. Dobbyn  
Francesco A. Ancona  
Laurel Clark  
Joan Quilligan  
Kabira R. Cadogan  
Lisa R. Buie  
Svitlana Kobets  
Deborah E. Coupey  
John E. Beebe III  
Mark T. Blagrove  
Robert G. Krumhansl  
Justina Lasley  
Dawn M. Neighbors

## Dream Toon with Delia Puiatti Dream Illustrator



---

STAY CONNECTED



