



Dream News

AUGUST 2021
VOLUME 19/ISSUE 7

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Save the Dates

THE MANY WORLDS OF LUCID DREAMING

OCTOBER 30 - NOVEMBER 13, 2021

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

HTTPS://ASDREAMS.ORG *More information and registration coming soon!*

Confirmed Speakers for IASD's Many Worlds of Lucid Dreaming

This two-week online conference features these presenters and IASD members:

Scott Sparrow, who will lead off IASD's Second Annual Many Worlds of Lucid Dreaming online conference with a special kickoff presentation, "Encounters in Lucid Dreams: Who? What? Where?"

Bhaskar Banerji: Lucid vs. Non-Lucid Healing

Fariba Bogzaran: Transpersonal Lucid Dreams

Jordi Borrás García: Awakening Psychotherapy

Karim Bou Said: Speaking to the Dream

Elliot Gish: A Study on Lucid Pain Relief

Dale Graff: Psi Dreaming: Lucid and Non-Lucid

Robert Hoss: Mastering Stress Lucidly

Ed Kellogg: Lucid Being and the Laws of Magic
Kim Mascaro: Dreams as Medicine
Linda Mastrangelo: Strange Tales of a Psychopomp
Angel Morgan: LD, Acting and Directing
Melinda Powell: Wormholes in the Lucid Void
Robert Waggoner: Liberation or Endless Maze?
Craig Webb: Lucid Dreams, Music & Sound

Last year's event attracted more than 200 paid attendees and received many positive reviews from participants, while earning much needed revenue for IASD. This year, organizers hope to increase the number of attendees and IASD's prominence in lucid dreaming empowerment through education.

Online registration and detailed information about this conference is coming soon!



2022 IASD ANNUAL CONFERENCE IN TUCSON ARIZONA ANNOUNCED – SAVE THE DATE!

The Venue will be the spectacular Loews Ventana Canyon Resort, in Tucson, Arizona, USA. 'Ventana,' or 'Window' to the Soul of the Sonoran desert, is Loews Ventana Canyon. We have negotiated a special discounted rate of \$115 per room night (with complementary WiFi and parking) for our conference in this premier spa and resort facility. Discover a magical perspective high above Tucson's Catalina Mountains, where this stunning natural retreat offers a variety of activities, signature services and experiences to relax, energize and inspire guests. A playground of visitor delights includes the luxurious Lakeside Spa & Tennis Center; Canyon hiking; two Tom Fazio-designed PGA golf courses and lighted tennis courts; two swimming pools; a fitness center; nearby riding trails, and more.

Registration and Room Reservation information, along with the Call for Presentations, Artwork, and Volunteers, will be made available in the September / October 2022 timeframe.



ERNEST HARTMANN STUDENT RESEARCH AWARDS – CALL FOR SUBMISSIONS, 2021-2022

For the Committee, Curtiss Hoffman, Chair



CALL FOR RESEARCH GRANT PROPOSALS TO BE POSTED MID AUGUST WITH A DEADLINE OF OCTOBER 15, 2021

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 2021-2022: 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 1, 2022**. 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. See <http://www.asdreams.org/student-awards> for details and submission instructions.

Authors of winning papers, and of papers deserving honorable mention, will be announced at the 2022 IASD conference in July and in the Fall 2022 issue of *DreamTime*. Winners must agree to make their papers available for presentation either at a regional meeting of IASD or at the 2023 IASD Conference, and/or for publication in a future issue of *DreamTime* or *Dreaming*.

For more information, please contact [Curt Hoffman](#)

The updated Call for Research Grant Proposals for the 2021 grant cycle will be posted mid August at <http://www.dreamscience.org/grant-opportunity/> with a deadline of October 15, 2021. IASD and the **DreamScience Foundation** are working in a partnership to provide seed grants for dream research, the objectives being to stimulate dream related research with students and professionals who might not otherwise be able to pursue that research project, and to enhance IASD's mission in supporting research. The grants are awarded based on peer review by a Research Grant Committee of proposals received. The number of grants, and the amount for each, are limited by the funds made available each year from DSF and others who donate, and from a special dedicated fund for Diversity, Equity, Inclusion (DEI) dream research grants soon to be announced.

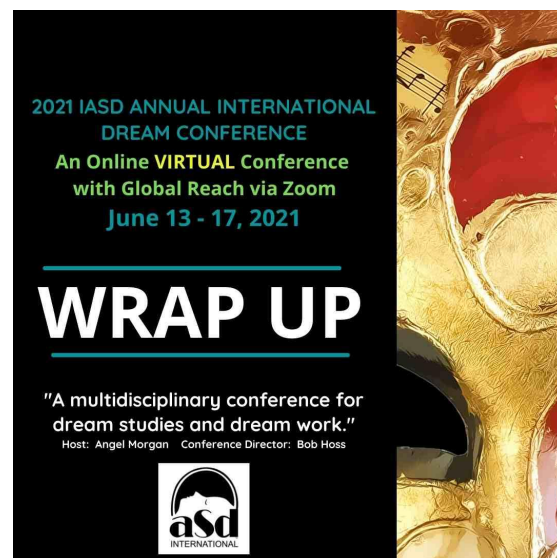
2021 IASD Annual Virtual Conference Wrap-Up

Bob Hoss, Conference Committee Chair

On January 15, 2021, in the midst of the largest COVID-19 peak in the USA, IASD realized that the risk was too great for an onsite conference and agreed that we would have to hold the conference virtually. Since all presentations had been received, Keynotes confirmed and other events planned by that point, we decided to hold the entire 5-day multitrack conference via Zoom. By the end of January, the agreement was made with the Ashland Hills Hotel and Suites to postpone that venue until 2023, and the web site was completely updated to plan for an all-virtual conference.

We were able to schedule everything into the virtual conference, yet shorten the days somewhat. We could allow for 30-minute breaks and schedule non-North American presenters in morning and evening slots (depending on country) so that they could present at more reasonable local times.

Conference Director, **Bob Hoss**, managed and co-hosted the conference with seven volunteer "Track Hosts," who coordinated the Zoom activity for the five daily tracks: **Michelle Carr, Scott and Julie Sparrow, Bhaskar Banerji, Geoff Nelson and Harry de Bont**. **Bob Krumhansl** was backup Track Host as well as managing the zoom activity for the Dream Ball, Telepathy contest and



Curt Hoffman, along with **Marica Emery** and **Geoff Nelson**, arranged a team of six people to develop a virtual Hospitality Room for people to spontaneously gather and converse. **Cynnie Pearson** and **Robert Waggoner** pulled together the always intriguing Dream Telepathy Contest. **Walter Berry** managed a virtual version of the traditional Costume Parade and Dream Ball. Although everyone was in his or her own space for the Ball, attendees still created physical or even virtual costumes and joined in the fun. One interesting value of Zoom was that each costume and persona was front and center on everyone's screen. Finally, there was an hour of dancing to **Ed**

Membership meeting. **Leslie Ellis**, assisted by **Melanie Korpi**, generously volunteered to manage the activity for the four Keynotes together with **Angel Morgan** and **Katja Valli**. **Angel Morgan** (retiring IASD President and conference Co-Host) also masterfully organized and directed the creation of the two featured tracks: the Dreams and Ethnicity track and Dreams and the Arts.

IASD's Administrative Officer, **Richard Wilkerson**, adapted the registration and administrative systems to accommodate the virtual format, managed the virtual Help Desk, and procured all of the Zoom licenses. **Julie Sparrow** recruited 20 volunteers, as virtual Room Monitors and Help Desk volunteers. **Laura Atkinson**, working with **Bob Hoss** and these team leaders, created a truly amazing Entry Portal, with an active daily click-to-enter calendar for the conference which acted both as the registrant's badge (a private password-protected link) and a virtual "program book." **Katherine Bell** and **Robert Gongloff** managed the program administration and database. **George Leute** pulled together a Crisis Management team of five therapists including himself, who were on standby for all hours of the conference.

Although virtual, we held all of our traditional special events. **Julie Nauman-Mikulski** and **Robert Gongloff** managed the Virtual Art Exhibition, for which **Laura Atkinson** created a strikingly beautiful virtual layout. And with **Walter Berry's** assistance, the Visual Arts Committee provided an Art Reception and awards event. **Angel Morgan**, **Marcia Emery**, **Jeanne Van Bronkhorst**, **Katja Valli** and **Michelle Carr** hosted our four opening receptions to cordially greet attendees. Our outgoing board chair **Anna-Karin Bjorklund** and incoming chair **Maureen Boyd Biro** graciously hosted the annual Membership Meeting. (See below for link and more information about this event).

Mays Groove Kitchen, a fantastic band broadcasting "live" from the Seattle area; and, judging from the comments, people really enjoyed it. Our traditional onsite bookstore, Breakpoint Books, created a fully-virtual online bookstore. Scott Sparrow set up the recording portal which he populated each evening with that day's recordings.

Although extremely successful, with hardly any problems, this conference was a massive undertaking, a time-and-people-intensive effort to understand how to adapt Zoom to such a complex 5-track 5-day conference so that it appeared seamless on the screens of the presenters and attendees. Our heartfelt thanks to over 70 persons, most all volunteers, who supported this venture – committee staff, crisis management, track and event hosts, room monitor and help desk volunteers, submission evaluators and art exhibit jurors. **Bob Hoss** and **Richard Wilkerson** set up training materials and live Zoom sessions each Saturday for over three months to train all Track Hosts, Room Monitors, Help Desk volunteers, Reception and Special Event Hosts, Arts Reception, Dream Ball, Morning Dream Group leaders, Workshop leaders, Presenters, Keynote hosts and finally attendees. Everything we anticipated might go wrong was scripted in a Recovery Document for quick response and backup. Luckily, we only had to use it once for a brief 6-minute problem.

The net result: **324 attendees (including 68 first-time attendees) from 26 countries** around the world, a satisfaction rating by participants of 1.18 (on a 1 to 5 scale where a 1 is strongly agree), and a financial result which exceeded our goals by 25 percent... which we dearly depend on to keep IASD going, particularly since we missed our 2020 conference. A heart-felt thanks to all those the who gave us their time, support and creative talents for making this such a success, and a particular thanks to all of you who attended.

Dream Art Exhibition

From Kim Vergil, Visual Arts Committee Chair

How wonderful that we all pulled off an amazing Virtual Conference and interactive Dream Art Exhibition during these extraordinary times. Nothing can replace the special times we have all shared as fellow dreamers at the in-person conferences... but we were able to see each other and interact, share and learn. I personally have been enjoying being able to go back and see all the presentations afterwards. As for the virtual Dream Art Exhibition, we were thrilled to have 48 artists from around the world apply, and 138 artworks were accepted.

This remained a juried show, the difference being that it was the Visual Arts Committee Team who did the jurying. We accepted painting, sculpture, drawing, video, and music video, all inspired by the dreams of artists.

We decided to give the **Dream Art Awards** but without cash awards (as we were unable to see the original pieces).



Honorable mentions: **Veronica Coetzer**, **Denise Luther**, **Nataraj Saraf**

By the magic of the internet we were also able to continue our **People's Choice Awards** online. Thank you for all who took the time to select your favorite artist for The Vote.

The winner was: **Susan Vasiljevic**

We also hosted a Dream Artist Panel with 12 artists from the exhibition who were gracious enough to share with us about their creative process and how it was connected to their dreams. What an informative and personal perspective we

Here are this year's winners:

1. Denise Kester
2. Susan Vasiljevic
3. Amy Lloyd

all learned from each artist.

The Dream Art Exhibition will remain accessible for you to share and continued to enjoy by [clicking here](#).

Board News - Election Results

Your Nominating Committee Chair, Michelle Carr

Before announcing this year's incoming Officers, I would like to express deep gratitude for our outgoing **President, Angel Morgan**, who has led our organization through incredible trials over the past two years with grace and strength. First, Angel helped IASD adapt to the COVID-19 pandemic, finding ways to support our membership remotely and reassuringly, even while in-person events were cancelled. Second, Angel established the Diversity Task Force Advisory Committee, the DAC, with an extraordinary team who are helping our organization to grow and to become more diverse, equitable, and inclusive. Gratefully, Angel is continuing to serve on the Executive Committee this year, as an indispensable and intuitive advisor. Thank you, Angel!

I would also like to thank two outgoing **Officers: Board Chair, Anna-Karin Björklund and Secretary, Bob Krumansl**. It has been a privilege and a pleasure to serve with both of you on the Executive Committee for the past two years. Thank you both for your unique insight, continued commitment, and generous spirit!

Finally, it is my pleasure to announce and congratulate the five individuals whom our members voted to elect as IASD Board Directors this year, and whose three-year terms began at the June 2021 Board meeting: **Jordi Borràs García, Jean Campbell, Remington Mallett, Angel Morgan, and Kimberly Mascaro**. I would also like to extend a big thank you to those Board Directors who finished their three-year terms this summer: **Athena Kolinski and Clare Johnson**.

In addition to member-elected Board Directors, this year we have several individuals who were asked to fill Board-appointed positions to serve key leadership roles in our organization: **Maureen Boyd Biro as Board Chair; Leslie Ellis as IASD Vice-President; and Kelly Lydick as Secretary. Myself (Michelle Carr) and Robert Waggoner** are also filling Board-appointed positions to continue serving on the Executive Committee this year, as President and Treasurer, respectively.

On behalf of the IASD Nominating Committee, I would like to express appreciation for all of the retiring IASD Board Directors and Officers, and for the incoming Directors and Officers for 2021.



IASD Welcomes Our New President: Michelle Carr

<https://www.youtube.com/watch?v=E6J2XZPocd4>

Report of the 2021 Student Research Awards Committee

Curtiss Hoffman, Student Research Awards Committee Chair

The committee (**Ann Bengtsson, Mark Blagrove, Deirdre Barrett, Curtiss Hoffman, Tracy Kahan, Bernard Welt**) received only two submissions this year, both in the quantitative category.

After reviewing these submissions and discussing them, we decided to give only one award for 2021, to: **Claudia Picard-Deland, for "Targeted memory reactivation has a sleep stage-specific delayed effect on dream content."**

We also decided to award an Honorable Mention to **Courtney Bolstad, for "Factor Analysis and Validation of the Disturbing Dreams and Nightmare Severity Index."**

These results were reported at the Membership Meeting. Both of the submitters attended the conference.

Once again, we strongly encourage graduate or undergraduate students to submit papers to the Committee for deliberation for the 2022 Hartmann Student Research Award. The submissions deadline will be March 1, 2022.



The online course committee (OCC) offers 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 offerings are 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 Groups 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 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 on

<http://iasdreamcourses.org/mod/page/view.php?id=1358&inpopup=1>



IASD Dream Study Groups Program (DSGP) - Still time to Register!

Enroll now in the IASD online Dream Study Groups Program (DSGP)

For the second year 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 follow course content together over the period of one year in an engaging and interactive way, with access to forums and discussion questions.

A new section titled "IASD Diversity Finances"

studies worldwide, and to engage in the practical application of our [Principles of Community](#) to all of IASD's mission and work.

will be posted soon. Check back to read all about the new programs in that section!"

To access the portal please [click here](#).

Covid-19 and Dreams Portal | Popular Addition to the 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 please [click here](#).



IN MEMORIAM

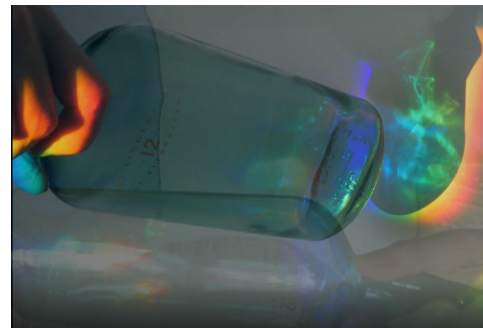
Dr. J. Allan Hobson, Who Studied the Dreaming Brain, Dies at 88

Read full New York Times article please [click here](#).

Members in the Media

Craig Webb's Short Film Gets International Recognition

[Craig Webb](#) experienced an interesting dream that led to a fresh genre of photographic art. He created a video describing the dream and presenting some of the colorful art inspired by it, and included in the soundtrack music clips recorded as he heard them in dreams. The short film, "[Treasure in a Bottle](#)," has had the good fortune to be an official selection, semi-finalist/finalist/award nominee in over a dozen film festivals, and has aired on over 175 TV stations across Indonesia, Italy, and online. He is grateful that his artistic creation was accepted for IASD's 2021 virtual conference art exhibition where it can still be viewed.



Craig has also had the honor to offer invited recent presentations and performances on music, dreams, lucid dreaming, and his book [Behind the Music](#) in Hong Kong, on BBC, and for various other media, schools, and online shows.



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

NEW YALE STUDY SUGGESTS MAMMALS MIGHT DREAM ABOUT THE WORLD BEFORE THEY ARE EVEN BORN

As a newborn mammal opens its eyes for the first time, it can already make visual sense of the world around it. But how does this happen before they have experienced sight? A new Yale study suggests that, in a sense, mammals dream about the world they are about to experience before they are even born.

SOURCE: [GOOD NEWS NETWORK](#)

BABY'S FIRST DREAMS: SLEEP CYCLES OF THE FETUS

After about seven months growing in the womb, a human fetus spends most of its time asleep. Its brain cycles back and forth between the frenzied activity of rapid eye movement (REM) sleep and the quiet resting state of non-REM sleep. But whether the brains of younger, immature fetuses cycle with sleep or are simply inactive has remained a mystery, until now.

SOURCE: [SCIENCE DAILY](#)

Membership Totals

TOTAL JUNE AND JULY MEMBERSHIP=87
Misa Tsuruta, Membership Committee

IASD June Membership

Total new and renewed members = 43

New members = 18

Steven P. Moore
Paul A. DeBlassie III
Christopher L. Drake
Kristy Hildebrand
Margaret M. Borkowski
Maxwell P. Sklansky
Wilhelm Oosthuizen
Reminton Mallett
Caryn I. McLaine
Kit Wong
Tina J. d'Entremont
Robert Anderson
Sandra S. Jara
Anonymous = 5

Renewed members = 25

Fariba Bogzaran
J. William Pezick
Marja Moors
Rose Inserra
Patricia A. Kilroe
Susanne Doell-Hentschker
Rubin Naiman
Marta Aarli
Mary Jo Heyen
Catherine Evans
Patrick Bertoliatti
Andrea Lawrenz
Margaret L. Dwyer
Arlene M. French
Oxana Holtmann
Mickey DiSiera
Linda Niele
Wolfgang F. Ronnefeldt
Tzivia Gover
Johanna Vedral
DOCUfilm Praha s.r.o.
Fendel & Partner GbR
Jodine M. Grundy
Anonymous = 2

IASD July Membership

Total new and renewed members = 44

New members = 10

Jude Sargent

Dream Toon with Delia Puiatti Dream Illustrator

Nancy Evans
Jennifer Foley
Megan M. Haviland
Enrique Ramos Corbacho
Kristi Thorne
David Clapper
William Breer
Anonymous = 2

Renewed members = 34

Rosa Lanas Antwandter
Valerie Beale
Jorge M. V. Secco Caetano
John E. Ettlie
Clarissa Marie Galgaano
Toby Hesler Heathcotte
Norifumi Kishimoto
Merel M. Koopman Hak
Ming-Ni Lee
Peter M. Maich
Dawn Matheny
Tad Messenger
Pam Muller
Geri P. Proctor
Dianne Mouchon Rhodes
Kathryn Ridall
Paul Sauers
Rachel Jean Silvini
Kirsten Sjoquist
Jennifer M. Smith
Kalila Smith
Natascha Steckel
Kritian Van den Borne
Janet Wahl
David J. Walczyk
Kally Sullivan Walden
Antonio Zadra
Anonymous = 7



