

## Dream News

APRIL 2022 VOLUME 20 / ISSUE 4

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#### Visit our Website

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The Venue is the spectacular Loews Ventana Canyon Resort, in Tucson, Arizona, USA. High above Tucson in the Catalina Mountains, this stunning natural retreat features nature trails and waterfalls, multiple pools, a spa and exercise facility, golf, world class restaurants and a delightful, relaxing experience <a href="https://www.loewshotels.com/ventana-canyon">https://www.loewshotels.com/ventana-canyon</a>. We have negotiated a special discounted rate of \$115 per room night (with complementary Wi-Fi and parking) for a limited block of rooms – to register at the hotel go to <a href="https://www.loewshotels.com/ventana-canyon/group-iasd-dream-conference">https://www.loewshotels.com/ventana-canyon/group-iasd-dream-conference</a> or call 877-879-9979. It is accessible from the Tucson International Airport in Arizona, which has direct flights from such international hubs and cities as Atlanta, Chicago, Denver, Dallas-Fort Worth, Los Angeles, Salt Lake City, San Francisco and more. Make it a vacation: Arizona is a destination area, so we negotiated 3 days before and after the conference at the same discounted room rate (based on space available). Go to <a href="https://iasdconferences.org/2022/attractions-around-tuscon/">https://iasdconferences.org/2022/attractions-around-tuscon/</a> for a sampling of the Tucson and Arizona attractions and register early with the hotel for available rooms for extra days.















#### **Keynotes and Featured Presenters**

We are pleased to announce the confirmation of our Keynotes and Featured Presenters:

- Edward Bruce Bynum, PhD African Mysticism and the Dreams of Modern Science.Dr. Bynum is a clinical psychologist, a student of Swami Chandrasekharan and Saraswati, a winner of the Abraham H. Maslow award from the APA, and author of several books, including The Dreamlife of Families, The African Unconscious, and Dark Light Consciousness.
- Jeannette Mageo, PhD Metaphors and the Self in a Zombie Pandemic Dream. Dr. Mageo is Professor of Anthropology at Washington State University. Her manifold writings on dreams show that cultural models tie personal experience to politics and public culture. Her books include Dreaming and the Self, Dreaming Culture and The Mimetic Nature of Dream Mentation.
- Rubin Naiman, PhD The Impact of Dream Loss on Collective Consciousness Dr. Naiman is a psychologist, author and sleep and dream specialist at the University of Arizona's Andrew Weil Center for Integrative Medicine. He is a pioneer in the development of integrative approaches to sleep and dreams, integrating scientific with depth psychological, transpersonal, and spiritual perspectives.
- Michelle Carr, PhD From Nightmares to Lucid Dreams: How Dreams Impact Our Mental Health. Dr. Carr is President of IASD, Postdoctoral Associate in Psychiatry at the University of Rochester, and Assistant Director of the Sleep and Neurophysiology Research Laboratory, She studies the relationship between dreams and mental health, with particular interest in nightmares and lucid dreams. She also studies dream engineering — new techniques and technologies designed to influence dreams to benefit well-being.
- Stephen LaBerge, PhD- Anagnostic Oneirony: Dreaming and Awakening Dr. Stephen LaBerge pioneered lucid dreaming research at Stanford University. He developed lucid dream induction techniques known as MILD and WBTB and devices such as the DreamLight and NovaDreamer. He is author of Exploring the World of Lucid Dreaming, and Lucid Dreaming: A Concise Guide to Awakening in Your Dreams and in Your Life. His recent research shows lucid dreaming sheds light on the nature of consciousness.
- Catherine Shainberg, PhD Turn on the Light: Kabbalah, Dreaming, Co-creation and Enlightenment Dr. Shainberg is an internationally renowned transpersonal psychologist, lecturer, and award-winning author. She created the School of Images® where her work integrates timeless wisdom with modern Western traditions to catalyze creative manifestation. Her books include Kabbalah and the Power of Dreaming, DreamBirth and The Kabbalah of Light.
- Deirdre Barrett, PhD Dark of Night: Our Dreams of the COVID-19 Pandemic Dr. Barrett teaches at Harvard University. Her books include The Committee of Sleep, and Pandemic Dreams. Deirdre is Editor of the IASD Journal Dreaming, and Past President of IASD and The Society for Psychological Hypnosis. Her research interests include dreams and creative problem solving, lucid dreaming, and the application of AI to dream research. She makes digital dream art which has appeared in National Geographic and the IASD art show.









Call for Art - Open Juried Dream Art Exhibition **DEADLINE FOR ENTRIES EXTENDED:** Midnight May 15, 2022, GMT.

instructions and forms go to https://iasdconferences.org/2022/call-forpresentations/.

#### Full Program Listing, Schedule and Presenter **Bios and Abstracts Now Posted** Go to the conference home page

https://iasdconferences.org/2022/ and click on the Program Menu for Schedule at a

Glance, the full Program listing or Presenter Bios. Wait List proposals for Workshops, Symposia and Panels, Individual talks and Special Events are

welcome in any of the multidisciplinary tracks listed in the instructions. If you wanted to submit but missed the deadline, you can be placed on the Wait List. There is no guarantee we can fit it in since the schedule appears full, but once evaluations are completed, or as time goes on, openings do occur; so feel free to submit.

Poster Presentations - Deadline Extended to 15 April These are research poster presentations (theory or research studies) by single or multiple presenters or co-authors to be posted on a 30"x40" foam board and easel (provided). Presenters are to be available for discussion during a 2<sup>3</sup>/<sub>4</sub> hour session presently scheduled for Monday morning, July 18. Posters will remain available for viewing the remainder of the day.

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 respect to race, culture, gender, age, sexual orientation or various forms of disability.

CEs: CEs will be offered for qualified presentations, symposia and workshops. The International Association for the Study of Dreams (IASD) is approved by the American Psychological Association to sponsor continuing education for psychologists. The International Association for the Study of Dreams (IASD) maintains responsibility for this program and its content.

Eligibility: We are encouraging artists to submit your original artwork about or inspired by dreams, to be exhibited and displayed at our conference Juried Dream Art Exhibition. In addition to the exhibit, the conference features an Art Reception, and a chance to sell your art and perhaps even win a cash award.

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 (waitlist only). Although artists are permitted to attend all or part of the conference for the discounted Presenter rates, you do not need to be a conference attendee to participate in the IASD Juried Dream Art Exhibition. There is a \$40 non-refundable jury submission fee, however, for those not attending the conference.



**IASDCONFERENCES.ORG/2022** 

conference website to find potential

travel share and / or roommates.

Will you be looking for a roommate or travel share partner for the 2022 Dream Conference? Are you looking for someone to share a ride or fly with?

To connect with potential roommates or travelshare partners post your information on the conference website page.

Neither IASD nor Loews will assign or re-assign roommates, nor can we get involved with financial disputes, so please make final arrangements and agreements prior to making your reservation.





Call for Volunteers – Open AV Volunteers needed

Go to the conference site <a href="https://iasdconferences.org/2022/">https://iasdconferences.org/2022/</a> for instruction and forms for Registering for the Conference as well as instructions to register for one of the discounted rooms in the limited block of Lodging rooms at the Loews Ventana Resort. We also have special discounted rates for students, limited income and volunteers, and a few partial student

Covid Precautions Although the conference is over 4 months from now, we want attendees to feel safe in attending – so we are requesting all attendees to be vaccinated or have been tested before attending. If a positive test prevents you from attending your conference fee will be fully refunded

and Diversity, Equity and Inclusion scholarships.

Volunteers are able to attend the conference for \$100 by working about half the conference session hours (roughly 12 to 14 hours). The initial registration fee is \$200 and half (\$100) of the fee is returned after the duties are completed. Volunteers must arrange for their own travel as well as lodging and meals.

Most positions are filled but we need Audio Visual Support volunteers, mainly to help presenters load their presentations. Training is provided but some familiarity with Zoom is advisable since we will be recording sessions using Zoom. Also if you apply for other positions we can place you on the wait list in the event something opens.

For more information or to apply go to <a href="https://iasdconferences.org/2022/call-for-volunteers/#">https://iasdconferences.org/2022/call-for-volunteers/#</a>



Bob Hoss was interviewed for the online *Dreamwork Summit* which will air **April 18** — **22, 2022.** If you want to listen to Bob live, along with other IASD members and over 40 other dream teachers and psychology experts — the *Dreamwork Summit* is online and free. RSVP now at no charge at <a href="https://thedreamworksummit.com/page/10/3">https://thedreamworksummit.com/page/10/3</a>

ERNEST HARTMANN STUDENT RESEARCH AWARDS – CALL FOR SUBMISSIONS, 2021-2022 – DEADLINE EXTENDED! For the Committee, Curtiss Hoffman, Chair

#### **DEADLINE IS NOW APRIL 15, 2022!**

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.

New Award Announced! With the intent of promoting the IASD commitment to diversity, equity, and inclusion (DEI), starting with the 2021-2022 contest a new annual \$500 award for quantitative or qualitative student dream research related to cultural diversity has been added, open to student applicants who identify as members of ethnic groups that have been underrepresented in dream research. To learn more about the DEI Student Research Award, see the IASD Dreams & Ethnicity Portal.



Papers must be emailed 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 April 15, 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 <a href="http://www.asdreams.org/student-awards">http://www.asdreams.org/student-awards</a> 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 at <a href="mailto:teximus@comcast.net">teximus@comcast.net</a>.

#### **SUBMIT YOUR VOTE BY JUNE 30, 2022**

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 2022 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: Magloire Aguirre (Colombia), Kiran Anumalasetty (India), Christi Cervetti (USA), Katherine Lawson (USA), Sharon Pastore (USA), Rachel Raider (USA), Melanie Rosen (USA/Canada).



From these seven candidates, the five with the most votes will be elected to begin their three-year terms in July, 2022.

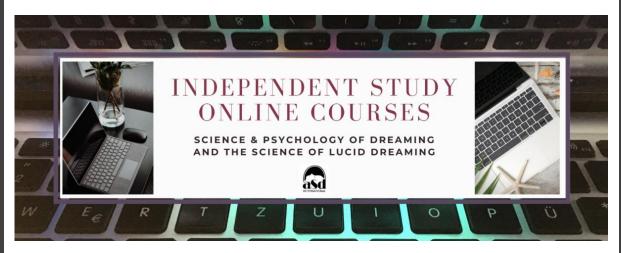
#### PLEASE NOTE: Only current members of IASD can vote for Board Members.

Because only members can vote in this election, members will receive regular e-mail VOTE reminders containing a password for the password-protected vote area of the web site. Please note: an electronic consent form must also be on file with IASD before voting.

The slate of Executive Officers for 2021 has also been approved: President, Michelle Carr; Board Chair, Joy Fatooh; Vice President, Sherry Puricelli; Secretary, Kelly Lydick; and Treasurer, Robert Waggoner. All Board Directors and IASD Executive Officers will begin their new terms in July 2022.

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.





The online course committee (OCC) offers online courses on various aspects of dreams and dreaming to those IASD members and nonmembers 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 <a href="http://iasdreamcourses.org/mod/page/view.php?id=1358&inpopup=1">http://iasdreamcourses.org/mod/page/view.php?id=1358&inpopup=1</a>

#### IASD'S GRADUATE PROGRAMS IN DREAM STUDIES PAGE

IASD is updating our comprehensive list of graduate programs or courses on dreams and dreaming to share with members and visitors to our website. If you are teaching graduate classes in dream studies and would like to be listed, please send the information to our office at: office@asdreams.org

We are looking for information about these three categories:

- 1) Accredited University Dream Studies Certificate programs (current)
- 2) Accredited University Graduate Dream Studies courses (current)
- 3) Institutes that are registered to offer CEs for Dream Studies (current)

Please include as applicable: the name of the institution, the name of the program or course (including the department the course is affiliated with), the names of faculty, and a website link to the program or course description.



#### **REGIONAL NEWS YOU CAN USE**

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

We have no new IASD events to report, but we are delighted to highlight another of our Regional Representatives. This month features Dr. Mohamed Salem.

Dr Mohamed Salem is IASD's Regional Rep for the Middle East. He runs a busy clinical practice as the Consultant Psychiatrist and Head of Mental Health Department in Al-Ahli Hospital, Doha, Qatar. He sees interest in dreams is very high in his country, and he regularly conducts symposia and lectures on dreams for the public and medical professionals, including



Dream Interpretation in Science and Culture, Dream Studies and Research Methodology, Paranormal Dreams, and Handling Nightmares (Classification and Therapy). He also has publications on various

aspects of dreams.

Mohamed says, "In all my activities I talk about the various aspects of IASD and encourage interested candidates to be members, or at least to visit the website regularly to explore more about the association."



#### **Visit the IASD Dreams and Ethnicity Portal**

The IASD Dreams and Ethnicity Portal is offered by the IASD Diversity Task Force Advisory Committee (DAC) to encourage further understanding of authentic, culturally diverse perspectives on dreaming, and to promote increased ethnic diversity in all IASD functions: membership and recruitment, leadership positions, conferences and symposia, dream-studies research, publications, educational outreach, and public-relations efforts to advance dreamwork and the general understanding of dreams and dreaming.

The IASD Dreams and Ethnicity Portal includes: photos and bios of DAC members; videos, podcasts, and publications; information about IASD's DEI dream research grants, DEI student research awards; Culture-Keeper memberships; BIPOC conference scholarships and grants; and more.

Contact diversityresponse@asdreams.org to learn more about any of these initiatives, including special opportunities to sponsor scholarships and awards. And remember: That's the contact address for any comments on ethnic and racial Diversity, Equity, and Inclusion in all IASD functions.

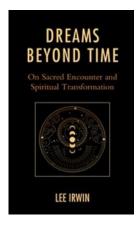
Thank you for your support!

You can visit: https://www.asdreams.org/dreams-and-ethnicity-portal/



#### **Covid-19 and Dreams Portal**

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 <a href="https://www.asdreams.org/covid-19-dreams/">https://www.asdreams.org/covid-19-dreams/</a>



### LEE IRWIN PUBLISHES NEW BOOK AND GIVES TALK ON INITIATIC DREAMS

Dr Lee Irwin gave a talk on "initiatic dreams" that was recorded on You Tube for the Rosicrucians (AMORC) from material in his new book *Dreams Beyond Time*: On Sacred Encounter and Spiritual Transformation

Irwin discusses altered states in dream, stages of development, and the application of such dreams to the spiritual path. The types discussed include dreams of sacred encounter, the paranormal, guides and masters, Aeonic archetypes, transpersonal, and mystical immersion. He also discusses dream interpretation and the integration of dreaming into waking life awareness.

You can watch on YouTube



In this issue Hot Off the Press focuses on our Keynote Speakers – this month we feature articles by Dr. Edward Bruce Bynum. This column publishes links to evidence-based scientific articles on dreams that are written for a non-research audience.

# THE SCIENCE OF DREAMS AND DREAMING IN THE AFRICAN AMERICAN TRADITION BY EDWARD BRUCE BYNUM, PHD

An African American tradition of dream work and dream interpretation has a long history interweaving with other traditions and has specific roots in the continent and history of Africa itself. There are conceptions of the unconscious that parallel those of European traditions but in crucial ways are significantly different particularly in the perception of personhood and psychological boundary permeability in the dynamics of dreams and family life. These conceptions in many ways challenge traditional understandings of space and time but are also in keeping with the actual experience of dreaming and with certain quantum and relativistic conceptions of the relationships between space, time and, by implication, the range of consciousness itself. These are rooted in the African genesis of our species, both genetically and psychically, along with the shared reality of our neural inheritance. This paper is a conceptual overview of this tradition beginning with its culturalhistorical roots to its clinical influence on practices today.

#### **SOURCE: OBELISK FOUNDATION**

### PSI, THE SHARED DREAMSCAPE AND THE FAMILY UNCONSCIOUS BY EDWARD BRUCE BYNUM

Family-related feelings and family consciousness are some of the most powerful influences on the psychological patterns of individuals. The influence of family patterns is extraordinarily powerful in its depth and intensity. Because of this, we frequently dream about the members of our families. It is guite common and normal to have dreams in which family members are prominently involved. The vast majority of these dreams are the usual dreams in which a parent or sibling is doing something that we generally recognize as their normal behavior. Sometimes, however, they are doing something unusual or even paradoxical in our dreams. Very often, extremely strong feelings and images occur which show us the emotions we feel toward these special people in our lives. The dream, with its strange contours and story-line, is the perfect field on which to portray "raw" emotions, and consequently, the dream can really be a pulse taken on the heartbeat of family life.

#### **SOURCE: Dream Journal Network**

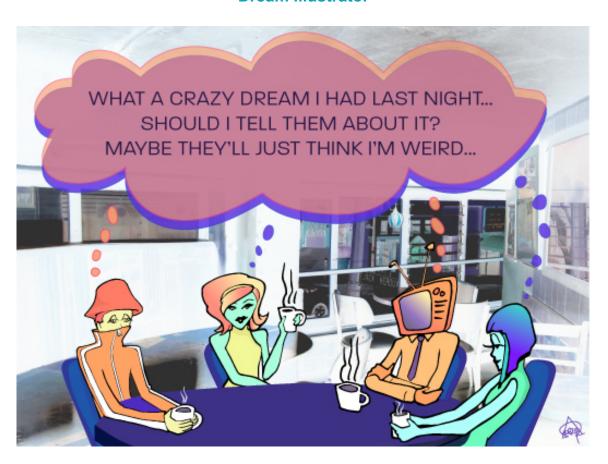
#### IASD March 2022 Membership Misa Tsuruta, Membership Committee

Total New and Renewing Members = 63

New Members = 18 J. J. Treadwell Daniel J. Morris Melanie G. Rosen Dragana Djukic Anat Goulart Sahlah Dubel Kai Dailey Andrusa Lawson Wakefully Jina Park Ava Lindberg Renewed Members = 45 Racicot Membership Amy Lloyd Barbara Koning Wojciech Owczarski Patricia L. Kampmeier Mark T. Blagrove John T. Shaw Connie Bovier Richard Gilbar Lukas Bauer Talbert Kanigher Ryan D. Hurd Helen Landerman Marco Zanasi Valerie T. Bigelow Bhaskar Baneji

Raashi Bhatia Angela Harper Anonymous = 5 Laura Payne Karen F. Boileau Jennie B. Meyer Joan Quilligan Katherine Donovan Kane Ann Aaboe Bengtsson Elizabeth Scanzani Kathy Dirks Alice Cunningham Athena Lou Mary-Therese Dombeck Alfio Maggiolini Robert G. Krumhansl Laurel Clark Francesco A. Ancona Liv M. Evensen Sarah E. Weldon Cynthia Bauman Deb M. Irvine Tara M. O'Grady Kevin P. Dobbyn Kathy A. Schmidt Anonymous = 6

### Dream Toon with Delia Puiatti Dream Illustrator



STAY CONNECTED





