



Dream News

MARCH 2022
VOLUME 20 / ISSUE 3

Visit our Website

IN THIS ISSUE:

2022 IASD Annual Conference in Tucson, Arizona

- Call for Poster Presentations – Deadline March 15
- Call for Regular Presentations – Deadline Passed, Wait List Open
- Call for Art Submissions – Deadline March 31
- Program Schedule now posted
- Registration – OPEN
- Call for Volunteers
- The Visual Arts Committee Needs Volunteers
- Ernest Hartmann Student Research Awards – Submissions Deadline Now Extended to April 15
- IASD Online Courses
- Regional News
- COVID-19 Portal is a Popular Addition
- Members in the Media
- Hot Off the Press
- Dream Toon
- Total February New and Renewing Memberships = 51

Contact:

office@asdreams.org

209.724.0889

Linda H. Mastrangelo

Editor

Joy Fatooh

Copy Editor

Laura Atkinson

Design & Layout

Alina Mansfield

Incoming Central Office Manager

Richard Wilkerson

Outgoing, Office Manager

Jean Campbell

Executive Committee Advisor

Robert P. Gongloff

Editorial Consultant

Delia Puiatti

Dream Illustrator



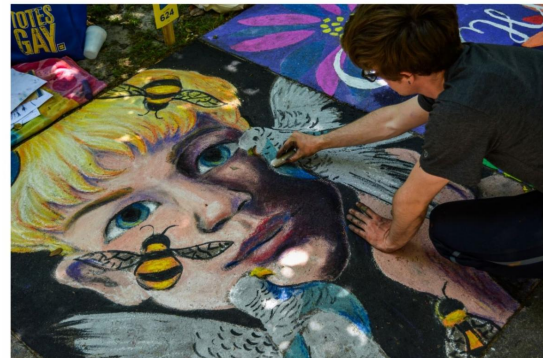
The Venue is the spectacular Loews Ventana Canyon Resort, in Tucson, Arizona, USA. High above Tucson in the Catalina Mountains, this stunning natural retreat features nature trails and waterfalls, multiple pools, a spa and exercise facility, golf, world class restaurants and a delightful, relaxing experience <https://www.loewshotels.com/ventana-canyon>. 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 <https://www.loewshotels.com/ventana-canyon/group-iasd-dream-conference> 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 <https://iasdconferences.org/2022/attractions-around-tucson/> 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 *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 Research Poster Submissions OPEN
Deadline is March 15, 2022

Call for Regular Presentations
has Passed but Wait List is OPEN

Call for Art – Open
Juried Dream Art Exhibition DEADLINE FOR
ENTRIES:
Midnight March 31, 2022, GMT.

Eligibility: We are encouraging artists to submit

Instructions

All submissions must be made online. For instructions and forms go to <https://iasdconferences.org/2022/call-for-presentations/>.

Program Schedule Now Posted

<https://iasdconferences.org/2022/schedule-at-a-glance/>

Wait List proposals for Workshops, Symposia and Panels, Individual Talks and Special Events, are welcome in any of 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 These are research poster presentations (theory or research studies) by single or multiple presenter(s) or co-authors to be posted on a 30"x40" foam board and easel (provided). Presenter or presenter(s) are to be available for discussion during a 2¼ 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.



Registration – Open

Go to the conference site <https://iasdconferences.org/2022/> for instruction

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 (deadline for those proposals is January 10, 2022 as noted above). 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.

• Will you be looking for a roommate or travel share partner for the 2022 Dream Conference?

• Maybe you want someone to fly with? split taxi-fare? drive cross country?

• Please use the message board on the conference website to find potential travel share and / or roommates.

IASD

IASD

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

Volunteers are able to attend the conference for \$100 by working about half the conference

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 and Diversity, Equity and Inclusion scholarships.

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

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 <https://iasdconferences.org/2022/call-for-volunteers/#>

THE VISUAL ARTS COMMITTEE NEEDS VOLUNTEERS

Kim Vergil, Co-Chair, Visual Arts Committee

The IASD Visual Arts Committee needs volunteers to be part of our committee. I would like to ask you: What do you feel about the continued existence of the Dream Art Exhibitions during the conference? Have you considered what the conference would be like without a Dream Art Exhibition? Do you value the Dream Art Exhibition enough to decide to be a part of making sure it will continue?

Let me introduce us properly to all the IASD community. The Visual Arts Committee is in charge of making the Dream Art Exhibition happen every year within the context of the IASD conference and all that entails. This means a full year of work and preparation before the conference even starts. The day it starts, an entire exhibition is installed for all to enjoy for the duration of the conference.

I have been the Visual Arts Committee Chair now for well over 13 years. I took over from Richard Russo who had taken over from Fariba Bogzaran who was the initial artist to start the Dream Art Exhibition way back when (that is another story to be told). We now have online submissions from artists around the world, and local artists in the Conference location who are invited to participate each year. The Visual Arts Committee team meets once a month to share what has been done and what is left to do, with a summer break; so, about 10 meetings a year on Zoom from around the world.



As you can imagine, none of this happens by itself. We are now a small team: Julie Naumen-Mikulski (co-chair), Robert Gongloff (technical support), Walter Berry (chief organizer and Artist liaison), Delia Puiatti (social media), and myself, Kim Vergil (co-chair). This year, during the COVID-19 pandemic, we were able to put together the stunning arts exhibit that so many saw online. Right now, we need volunteers who can join the committee and help with writing, proofreading, and technical support; IASD meeting liaisons; and on-the-ground exhibition support.

Please consider joining our team on a trial basis, if you believe in the continuation of the Dream Art Exhibition within the IASD conference. We NEED YOU. Please contact me at KIMvergildREAM@gmail.com with any questions or to join the team. We look forward to hearing from a diverse group of art-loving Dreamers who can bring their support to our group in any way they can imagine. Artists are welcome but the only requirement is a love of Dream Art that has touched you in some way.

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



Papers must be emailed to the IASD Office at

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](#).

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 <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 at teximus@comcast.net.



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

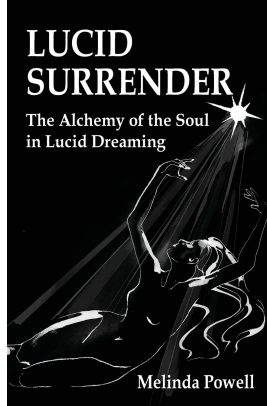
The course is taught by Robert Hoss, who chairs our research grant committee and is co-editor of IASD's book *Dreams: Understanding the Biology, Psychology and Culture* from which much of the course is derived. It is designed for anyone interested in a summary of some of the theories and research findings 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 <http://iasdreamcourses.org/mod/page/view.php?id=1358&inpopup=1>

IASD Dream Study Groups Program (DSGP) - REGISTRATION OPEN

Michelle Carr and Angel Morgan, DSGP Co-chairs



experience as a lucid dreamer, her professional work as a psychotherapist and her researches into lucid dreaming. Powell extends Carl Jung's alchemical model to encompass transformative lucid dreaming, bringing new dimensions to our understanding of alchemy, therapeutic practice and dream lucidity. She describes how stages similar to the alchemical process can also be consciously initiated in a lucid dream, with powerful therapeutic effect. Powell further develops Jung's teachings on light, revisiting the reader's understanding of darkness by illuminating the phenomenon of Black Light. She shows how lucid dreams can open us to the realm of the transpersonal.

ANGEL MORGAN INTERVIEWED ON NORTH CAROLINA RADIO SHOW

Angel Morgan was interviewed for a WUNC radio show and podcast (that was dreamed into being) called "Embodied," along with Michael Nadorff who was also interviewed for the second half of the show. The episode will air Friday, March 11 at 9am Pacific time, noon Eastern time.

If you want to listen to it live, you can tune in at <https://www.wunc.org/>. It will also be available here: <https://www.wunc.org/show/embodied-radio-show>. A version of the show as a podcast episode that Friday will be on most podcast platforms (Spotify, Apple, etc.) and also here: <https://www.wunc.org/podcast/embodied-podcast>

CRAIG WEBB'S DREAM INSPIRED SHORT FILM WINS MANY AWARDS

Craig [Webb's](#) short film containing art and music created directly from dreams, [Treasure in a Bottle](#), has had the good fortune to be win three awards recently in New York, Europe, and in Singapore. It has also been an official selection, semi-finalist/finalist/award nominee in over a dozen other film festivals, and has aired on over 175 TV stations across Indonesia, Italy, and online.



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

WHAT DO ANIMALS DREAM ABOUT? BY DANIEL KOLITZ

An enormous playroom filled with prancing pups, above which are suspended dozens of tubes dispensing treats at a rate of 10 beef-flavored bones per minute. A real adult human who plays tug of war for hours and hours instead of getting bored and giving up after three minutes. A large, comfortable bed that is only for dogs. These are just some of the things that a dog might dream about. But what are dogs actually experiencing while they sleep? Or not even just dogs—what about other pets and animals in general? For this week's [Giz Asks](#), we reached out to a number of experts to find out.

SOURCE: [GIZMODO](#)

SLEEPING WITH HALF A BRAIN BY CHRISTOF KOCH

Flies, birds, mice, dogs, monkeys and people all need to sleep. That is, they show daily periods of relative immobility and lack of response to external stimuli, such as light, sound or touch. This reduced sensitivity to external events distinguishes sleep from quiet resting, whereas the capacity to awaken from slumber distinguishes sleep from coma. Why sleep should be such a prominent feature of daily life across the animal kingdom, despite the fact that it leaves the sleeper unable to confront potential threats, remains mysterious. Animals are not the only creatures who can be literally half asleep. Research shows we experience this, too.

SOURCE: [Scientific America](#)

IASD January 2021 Membership

Misa Tsuruta, Membership Committee

Total New and Renewed Members = 51

New Members = 14

Reed A. Morrison

David Barr

Kenna Stephenson

Robert O. Freeman

Suzanne Bergmann

Cate Reidy

Dream Toon with Delia Puiatti Dream Illustrator

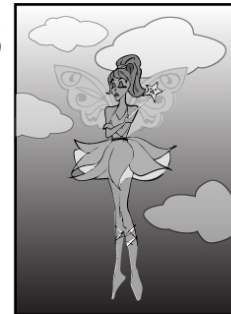
Thom Allena
Rachel Raider
Reuven Wallack
Dream Well, a Public Benefit Corporation
Josianne Barrette-Moran
Angela Adler
Anonymous = 2

Renewing Members = 37
Susannah Benson
Christian Gerike
Linda Y. Schiller
Paul Lippmann
Rachel G. Norment
Cordell Jacks
Melinda Powell, nee Ziemer
Line Salvasen

Lisa B. Rigge
Tracey L. Kahan
Robert Cole
Melissa Grace
Bei Linda Tang
Patti Allen
John M. Corbett
Rose R. Mersky
Patricia Schmieg
Harry de Bont
Carrie Fields
Steven E. Pilgram
Worldwide Indigenous Science Network
Vereniging voor de Studie van Dromen
Philip H. King
Lauren Z. Schneider
Sylvia G. Green-Guenette
Kelly Burkeley
Bernard Welt
David Cielak
Nori Muster
Kathleen Crinion
Anonymous = 7



**COMMON DREAMS
OF LOSING TEETH
"IMPOSSIBLE TO
KEEP UP WITH"**



**PROMISES WAKING-LIFE VISITS
"FOR THE CHILDREN'S SAKE,"
AND BETTER WORK-LIFE BALANCE**

STAY CONNECTED



