



Dream News

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2023 IASD ANNUAL CONFERENCE IN ASHLAND OREGON

- **Call and Registration for Presenters and Volunteers OPEN**
- **Call for Art Submissions Open**
- **General Registration Opens January 3, 2023**
- **Lodging Instructions**



Shakespeare wrote "All the world's a stage" and Carl Jung wrote that a dream is theater in which the dreamer is the scene, player, prompter, producer, author, public, and critic. The best plays are like the best dreams: surprising, decentering, mind-expanding, awe-inspiring, emotionally exhausting, and acutely memorable. They are unreal, yet realer than real; retreats into fantasy that catapult us into fresh engagement with the world. Many talented artists, as well as everyday creative people, have said they feel the same kind of freedom to explore their emotions in dreams that they do when they have an encounter with the artistic process.

Please join us in 2023 for a celebration of 40 years of IASD in Ashland, Oregon, home of the Oregon Shakespeare Festival! You will be in good company with world renowned keynote speakers and over 100 presenters sharing their work with dreams from 20 or more countries around the globe. This is more than

just a conference; it is an extravaganza of fascinating presentations and special events. Everyone is welcome – whether you are a professional, a dreamworker, researcher, student, artist, performer, author, or simply a curious, interested dreamer.

The Venue is the spectacular **Ashland Hills Hotel and Suites** in beautiful Ashland, Oregon, at the base of the Siskiyou mountains, just north of California. The hotel is nestled on a quiet side of town, just 3 miles from downtown Ashland and 19 miles from the International Medford Airport with direct connections to many **US western hubs**. It is a 14-acre property, where you can rest in the intimate courtyard patio and pool or relax in the open spaces surrounded by nature and inspiring views of the surrounding Ashland Hills.

Lodging Instructions: We have been offered a limited block of rooms, available to conference registrants only: 110 rooms at the Ashland Hills Hotel & Suites in the \$100 to \$115 range, and 20 overflow rooms in the adjacent Windsor Inn at \$150 per night. The Ashland Hills Hotel & Suites rate is good for up to 3 days after the conference, for those who want to make it a vacation. You will receive the booking codes when you register for the conference, which is currently open to presenters and volunteers and will open for everyone about January 1. Book only through the hotel, either online (best), or if you want to stay beyond the June 17-23 discounted dates, book by phone and let the receptionist know that you want the IASD discounted room block but want to extend your stay as well. See the **lodging link** for information on these and other lodging options in the Ashland area.

The program features peer reviewed presentations, workshops, and morning dream groups, in a multidisciplinary program including the scientific, psychological, spiritual, artistic, healing, lucid, extraordinary and multicultural aspects of dreaming. There will be many fun events, such as an Opening Reception, a Dream Art Exhibition/Reception, our annual Dream Telepathy Contest, the ever-popular costume Dream Ball, and – in honor of the arts and the location – a special night and ticket availability to Oregon Shakespeare Festival.

CALL FOR PRESENTATIONS

Due date for regular program submissions:
December 21, 2022

Due date for poster submissions: March 1,
2023

For instructions **[CLICK HERE](#)**

Submissions Solicited: The program is multi-disciplinary; therefore, high-quality proposals are invited that fall into any of the following tracks (themes): Clinical Approaches; Culture and History; Dreams and the Arts; Dreams and Ethnicity; Dreams and Health; Dreamwork Practices; Education (teaching dream studies); Extraordinary, Psi, and Lucid Dreams; Mental Imagery; Religion, Spirituality, and Philosophy; Research; Theory. This year the featured tracks will be Dreams and the Arts and Dreams and Ethnicity.

Submission Categories Include: Individual talks to be combined within Symposia; Special Events; Workshops; Morning Dream Groups; Pre-organized Symposia; Panels; and Research Poster Presentations.



CALL FOR VOLUNTEERS

Volunteers attend the conference, which includes all video/audio recordings, for \$150 by working about half the conference session hours (roughly 14 hours). A special complementary / compensation option for Zoom experienced AV Volunteers is also available upon request when you apply for an AV position. This fee covers the conference attendance, all receptions and the dream ball. Volunteers must arrange for their own travel as well as lodging and meals, CE fees and any separately priced special events they wish to attend. The duties are consolidated into 4 categories: Registration/Info Desk, Room Monitor, Audio-Visual Support and Art Exhibition.

If you wish to volunteer, **[click here](#)** to apply.



CALL FOR ART – Prospectus

2023 Juried Dream Art Exhibition
DEADLINE FOR ENTRIES:
11:59 p.m. GMT,
Wednesday, March 15, 2023

Eligibility: We are accepting original artwork about or inspired by dreams. You do not need to be a member of IASD or a conference attendee to participate in the IASD Juried Dream Art Exhibition. You can exhibit whether you are competing for a prize or not. Each artist may submit up to five (5) art pieces. The entry form also allows you to upload two (2) additional detail images, total, to show detail.

Media: All two-dimensional and multi-dimensional media will be considered, including painting, drawing, collage, sculpture, video, and installation art. We are not able to accept performance art or entries that are strictly sound-oriented (e.g. music). However, performance artists and sound artists may consider submitting a proposal for a special event for the conference program (see Call for Presentations above).

Art awards: Cash awards will be offered for works chosen from among those accepted for display at the conference. In your submission form, you can indicate that you do not want your works to be considered for the awards.

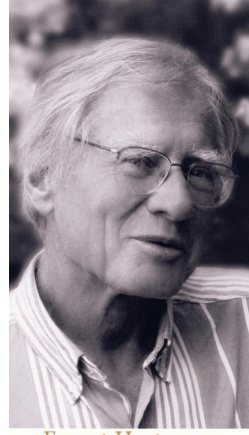
Submission fee:

There is a NON-REFUNDABLE submission fee of \$40 per artist. You must pay this fee if:

- you are NOT registering and paying for the main conference*; or
- you have been accepted and have registered as a volunteer; or
- you are a scholarship awardee and have registered as such.

*The submission fee is waived if you are registering and paying for either a single day or the whole conference, and you can register at the discounted presenter rate using the presenter discount on the Presenter Registration Form.

HOW TO ENTER: All works must be submitted using the Online Entry Form. Go here for information and the entry form:



Ernest Hartmann

1934-2013

THE IASD ERNEST HARTMANN STUDENT AWARDS FOR 2023!

***Curt Hoffman,
Student Research Awards Chair***

Guidelines for 2023 Awards

The IASD Student Research Awards are given to students (undergraduate and graduate) in two areas: best original quantitative research on dreams and dreaming; best original historical, literary, artistic, or theoretical research on dreams. There will be three awards in the amount of \$500 each. We are pleased to announce that two anonymous donors have graciously agreed to provide matching funds for the 2023 competition! The IASD Board of Trustees will provide the balance of funds.

Award 1:

Best student submission of original quantitative research on dreams and dreaming.

Award 2:

Best student submission of original qualitative (historical, literary, artistic, or theoretical) research on dreams.

Submissions in both categories will be evaluated on the basis of four criteria: originality, relevance, coherence, and significance of contribution to the study of dreams.

Award 3:

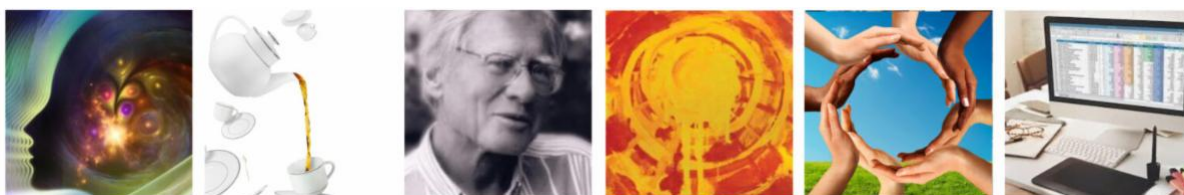
The Diversity, Ethnicity, Inclusion (DEI) Award has been newly instituted by the IASD Board to lift up and amplify the voices of dream researchers from ethnic groups that have been underrepresented in dream research, and may be awarded for either quantitative or qualitative research. Applicants remain eligible for Award 1 and 2.

For more information [CLICK HERE](#)

Questions? Please contact the Art Committee at this address:
vac@asdreams.org (Subject line: IASD Conference Art Entry Questions)

2022 TUCSON CONFERENCE AUDIO RECORDINGS AVAILABLE

Audio recordings are NOW AVAILABLE for the 2022 Tucson conference. Conference attendees should have received an earlier link for full Zoom recordings and if not please call the office. For non-attendees Audio recordings are available by [clicking here](#) and making a \$40 credit card payment - you will receive the link in the confirmation email. If you are unable to pay by card you can contact office@asdreams.org for payment instructions. Recordings include most all lecture sessions (Symposia, Panels, Keynotes, Invited) but do not include workshops or sessions where personal dream sharing took place.



DONATE NOW TO IASD'S 2022 PLEDGE DRIVE GIVE THE GIFT OF DREAMS

Donations have begun to come in for the 2022 IASD Pledge Drive.

Thank you to all who have donated so far, remembering that almost 100 percent of all Research Grant Awards, Student Awards, Art Awards and a variety of other awards and prizes that IASD is able to provide to encourage the work of dreamers come from the generous members and friends of IASD.

The number of requests for this type of assistance are increasing as the organization becomes more respected and well-known. This year, for example, we received eighteen applications for Research Grant Awards. Your assistance will help grow the future of dream research and dream work in general.

Donate now! Your gift is very much appreciated.

IASD is a 501(c)3 United States nonprofit organization.



Enroll in the IASD online Dream Study Groups Program (DSGP), featuring the Foundation series, Research series, Dreams and Ethnicity series, and Dreams and the Arts series!

For the fourth year, IASD members and non-members alike can join an IASD Dream Study Groups

Program (DSGP), where like-minded individuals will be able to meet and interact in our “DSGP Tea Room” forum and will follow series content together over the period of one year in an engaging and interactive way, with access to review questions and discussion forums.

- The cost for participation in the DSGP, \$50 for IASD members and \$75 for non-members, will include:
 - Access to the "DSGP Tea Room," a global forum for dreamers.
 - Access to one of these series in the DSGP: Foundation, Research, Dreams and Ethnicity, or Dreams and the Arts.
 - A one-year membership in chosen series, where members will interact on forums and discuss course content over the year.

All the **DSGP series** bring together presentations gathered from IASD’s conferences, which featured global leaders on these topics. They all include video presentations, written abstracts, and quiz review questions to prompt conversation in forums with other DSGP members. You will take a quiz after each presentation to earn a certificate of completion.

The next round of the DSGP will start March 1, 2023. Registration will open January 1, 2023. For more information [click here](#).

MANY WORLDS OF LUCID DREAMING ONLINE CONFERENCE IS A SUCCESS!



IASD’s third annual *The Many Worlds of Lucid Dreaming* online conference, organized by Robert Waggoner and Ed Kellogg, attracted more than 100 participants and raised almost \$5,000 for the IASD. The live portion of this event ran from October 29 through November 12, and then participants had full access to online materials for another two weeks.

Online conferences like this offer a wonderful way to delve into a specific dream-related topic. The website offers space for participants to ask questions, share experiences, and interact with other lucid dreamers from around the world.

Robert and Ed used the platform [GlideWing.com](#), which is a leading provider of online workshops. For a one-third gate fee, [GlideWing](#) manages the registration, hosting, and technical and monitoring functions, so hosts and presenters can simply focus on its mission of dream education and outreach.

Using *The Many Worlds of Lucid Dreaming* online conference as a template, other events could offer different dream topics, with IASD members offering presentations from a wide range of perspectives. Imagine being able to engage with dream experts on topics such as Cross-Cultural Approaches to Dreams; Dreams in Clinical settings; Perspectives on Dreamwork; Neurology and Dreams; Dreams and Psi; Spiritual and Religious Views on Dreams... the possibilities seem wide open! Robert and Ed will have a more detailed description of the event in *DreamTime* magazine. Look for it in the next issue.



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 and DEI student research awards; Culture-Keeper memberships; BIPOC conference scholarships and grants; and more.

If you want to help fund these important new programs, please [click here](#) and donate to **IASD Diversity**.

This category supports IASD's pledge to grow an intentional inclusive process for Black, Indigenous, and People of Color (BIPOC) with expertise or interest in dreams, expand the ethnic diversity of IASD, and increase the ethnic diversity of invited speakers at future conferences.

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!



More Great News...

The DAC would like to warmly welcome new Board Director Kiran Anumalasetty, and IASD's new Membership Co-Chair Dr. Katherine Lawson, to the DAC!



Ancestral Dreaming Invitation for 2023

From Alaya Dannu and the DAC

Greetings Dreamers! That lovely, dreamy, creatively inspiring time is upon us once more: submitting proposals and workshops for our annual conference. As a member of the DAC and Co-Director for the Dreams and Ethnicity track, I invite you to submit a proposal that is focused on/explores Ancestral Dreaming. This topic came up frequently in conversations at the Tucson conference, and it is a subject I would love to see explored more at IASD. It is also near and dear to my heart. How have your dreams of past loved ones influenced the process of your identity development? What does this look like for you? Have your dreams

informed your genealogy projects and vice versa? Have your dreams inspired and guided you to uncover hidden gems of your ancestry that would otherwise have remained hidden? I invite you to reflect on these prompts and refer to your dreams. Or better yet, lovingly ask for a dream to help you with an offering for the Ancestral Dreaming topic within the Dreams and Ethnicity track for 2023.

I look forward to seeing what you (and your dreams!) come up with [Click here to submit a proposal](https://iasdconferences.org/2023/CALL-FOR-PRESENTATIONS/)
<https://iasdconferences.org/2023/CALL-FOR-PRESENTATIONS/>



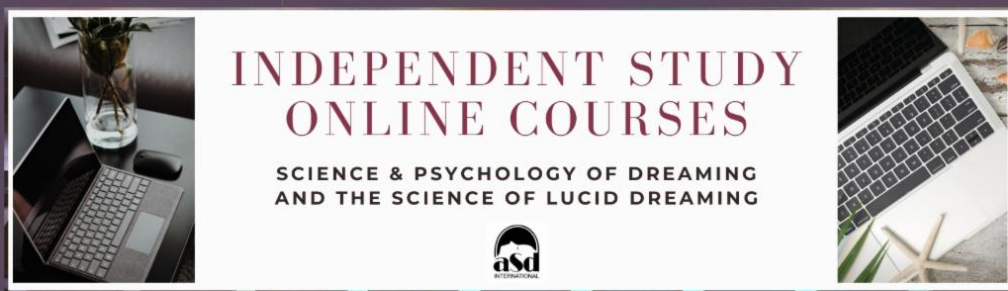
MEMBERS IN THE MEDIA

A GUIDEBOOK FOR UNDERSTANDING DREAMS IS NOW FREE

Live By Your Dreams: Heartfelt Stories About Dreams and What They Tell Us by Arthur Strock a guidebook for understanding dreams, is now free.

The author suggests readers begin on page 73 entitled, *At the Laundromat*. That's a story guaranteed to bring a smile to anyone interested in: children, communication, family dynamics, instant personal engagement, paper airplanes, interacting with complete strangers, or even simply getting a several minute respite from life's daily stresses.

You can download the entire book simply by going to websites: www.livebyyourdreams.com or www.arthurstrock.com. and clicking on the download button or use the link https://arthurstrock.com/wp-content/uploads/Live_By_Your_Dreams-eBook.pdf



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 UPDATES THEIR GRADUATE DREAM STUDIES PAGE

At IASD we have been updating our Graduate Dream Studies program page listing in order to provide information that is current for interested graduate students. Please check out our updated page of [Graduate School Offerings](#). Here are some of the current updated programs:



Accredited University Dream Studies Certificate programs

Sofia University

Institute of Transpersonal Psychology
Dream Studies Certificate Program

[Program and Admissions Information](#)

Accredited University Graduate Dream Studies courses

Goddard College

Goddard College's Department of Psychology and Counseling
Title of Course: *Dreamwork in Expressive Arts Therapies*

[Course and Program Information](#)

Pacifica Graduate Institute

M.A./Ph.D. Program in Depth Psychology
Title of Course: *Dreamwork: Tending the Living Images*

[Course and Program Information](#)

Institutes that are registered to offer CEs for Dream Studies

Dream Institute of Berkeley
[Program and Admissions Information](#)

Institute for Dream Studies (IDS)
Dream Certification Program
[Program and Admissions Information](#)

Dream Tending & Deep Imagination Certificate Programs
Certificates I, II & III Programs; Mentors of the Academy
[Program and Admissions Information](#)

To contact IASD to be listed

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:

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



REGIONAL NEWS YOU CAN USE

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

Our spotlight this month is on long-time member Curtiss Hoffman.

Curtiss is a semi-retired archaeologist/anthropologist who has taught for 40+ years in the Anthropology Department at Bridgewater State University in Massachusetts. He is the author of four books and numerous articles and reports on archaeology, cultural studies, and dreamwork. He has maintained a searchable database of his own dreams since 1992, now numbering over 17,000 entries. He has been the chair of the IASD Ernest Hartmann Student Research Awards Committee since its inception in 2004, and has been a member of IASD since 1997.



He has presented papers and workshops at most of IASD's annual conferences since then. He plays Renaissance double reed instruments. His current interests include writing music from his dreams to correspond with the 78 cards of the Tarot deck, and documenting Native American sacred sites in the eastern seaboard of the U.S. and Canada.



In this issue of Hot Off the Press, as 2023 approaches with New Year's resolutions afoot, we will be focusing on the topic of dream incubation. This column publishes links to evidence-based scientific articles on dreams that are written for a non-research audience.

DREAM INCUBATION: SOLVING PROBLEMS IN YOUR SLEEP BY DALE KUSHNER

What if we could direct our dreams? What if we could ask our dreams for solutions to our most pressing problems and receive important answers while we sleep? What if we could deliberately seed our unconscious mind to evoke helpful dreams?

This is the territory of dream incubation, a practice dating back to Babylonian civilization and extending into our current time

SOURCE: [Psychology Today](#)

Dream incubation is learning to plant a seed for a specific dream topic to occur. For example, you might go to bed repeating to yourself that you'll dream about a presentation you have coming up or a vacation you just took. Those who believe in problem solving through dreams use this technique to direct their dreams to a specific topic.

While somewhat similar to lucid dreaming in that problems can be solved, dream incubation is simply focusing attention on a specific issue when going to sleep. Several studies have shown this method to be successful over a period of time.

SOURCE: HOW STUFF WORKS

IASD NOVEMBER 2022 Membership

Misa Tsuruta, Membership Committee

Total New and Renewed Members = 41

New Members = 7

Tracey Anderson
Katherine R. O'Connell
Kathryn Williams
Timur Zobu
Beverley A. Lee
Gloria Laflamme
Lena Alhusseini
Anonymous = 1

Renewing Members = 34

Rosemary Watts
Arthur T. Funkhouser
Evelyn M. Duesbury
Ole Vedfelt
Daniel Erlacher
Monique Seguin
Greg Bogart
Kim Vergil
Mary C. Walsh
Cindy Lubar Bishop
Donna M. Mazzola
Craig Borden
Kelly Lydick
David Billington
Suzanne Saldarini
George Gillespie
Martha Anne Taylor
Sonia M. Snyder
Walter E. Berry
Layne Dalfen
Azima Lila Forest
Aneta Koleva
Thomas Whalen
Diane H. Hardy
Laurel H. Jung
Barbara G. Condron
Inoshi D.
Jaime Lundquist-Munoz
Erik Craig
George M. Leute III
Chris Cunniffe
Nicole Harrison
Marzia Mazzavillani
Anonymous = 1

DreamToons with Delia



The Dream News Team wishes you and yours a safe and happy holiday season. We look forward to seeing you all in 2023!



STAY CONNECTED

