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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. 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. 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*, *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.

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**Hybrid Research Event**

**Thursday, July 21st, 2022**

(via Zoom)

In conjunction with the Annual Dream Conference

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**Announcing the addition to the 2022 IASD Conference:**

IASD Hybrid Research Event

Thursday July 21st 2022

The Research Committee of the International Association for the Study of Dreams is organizing a one-day Hybrid Research Event as part of the 39th IASD Annual International Conference. The event is included for onsite registrants; but if you can’t attend in person, please join us virtually as the Hybrid Research Event goes live via Zoom on Thursday July 21 at 9 am Pacific US time with an opening keynote by Michelle Carr, PhD. The keynote is followed by 12 international research presentations and continues
until 5:30 pm Pacific US time. Access to Zoom recordings (video and audio) of the day’s sessions are included in the Hybrid Research Event fees for virtual attendees.

- Virtual Attendees $100.00
- Restricted Student Scholarship $50.00

Click Here to Register for the Hybrid Research Event

Program Summary:
- **Keynote - Michelle Carr:** From Nightmares to Lucid Dreams: How Dreams Impact Our Mental Health
- **Katja Valli:** Subjective experiences are similar during anesthetic-induced unresponsiveness and NREM sleep
- **Cléot Blanchette-Carrère:** Dream activity as a potential precipitating factor for sleepwalking
- **Aurélien de la Chapelle:** Behavioral and electrophysiological evidence of attention differences in low & high dream recallers
- **Michael Schredl:** Work-Life-balance in dreams: Frequency and emotional tone of work-related and hobby-related dreams
- **Michael Schredl:** Foreign languages in dreams: A long dream series
- **Emma Peters:** Embodied dreaming: Dream incorporation using forearm muscle stimulation
- **Adam Haar Horowitz:** Dream incubation with simple timed audio cues
- **Kathleen Esfahany:** Targeted dreaming increases waking creativity
- **James F. Page:** The frequencies of dream
- **Pillerin Sikka:** COVID-19 on mind: Is the pandemic reflected in the affective quality of mind-wandering and dreaming?
- **Westley Youngren, Matt K.P Gratton, & Garrett, R. Baber:** Presleep thought content & nightmare occurrences
- **Karen Konkoly:** Dreaming in individuals with Highly Superior Autobiographical Memory

Click here for the Program Listing, Schedule at a Glance, Bios and Abstracts 2022 Conference Website

**Submissions**

**Wait List about to close June 10.**

**Wait List** The wait list will close June 10 but there is one opening for a quality Workshop. Proposals are welcome in any of multidisciplinary tracs listed in the instructions. There is no guarantee we can fit it in but we will honor your submission.

**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/](https://iasdconferences.org/2022/) for instruction and forms for registering for the conference, and 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.

**Volunteer Wait List remains Open**

Although positions are filled at this point, circumstances may still create an opening for volunteers to attend the conference for $100 ($200 application fee, 50% reimbursed when you complete your duties).

For more information and to apply go to [https://iasdconferences.org/2022/call-for-volunteers/](https://iasdconferences.org/2022/call-for-volunteers/)

**Travel and Room Share**

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](https://iasdconferences.org/2022/).

**COVID-19 Precautions** although the conference is over 2 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.

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IASD Conference Presenter Interviews Scheduled

IASD Board member, Katherine R. Bell, has scheduled a series of interviews of Keynote and other presenters for the upcoming conference in Tucson, AZ on her Saturday morning podcast, The Dream Journal, broadcast from 10-11 a.m. PT on KQSD.org. Look for each podcast on all major podcast platforms on the following Monday.

Please tune in and enjoy!

May 7 Bruce Bynum
May 14 Steve Ernenwein
May 21 Jeannette Megeo
May 28 Michelle Carr
June 4 Leslie Ellis
June 11 Bob Hoss
June 18 Catherine Shainberg
June 25 (replay)
July 2 Rubin Naiman
July 9 Deirdre Barrett
July 16 on site interviews

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Kelly Sullivan-Walden Interviews Robert Hoss

An interview of IASD Conference Committee Host, Robert Hoss will air on June 8, 2022 on Kelly Sullivan-Walden's show on MindBodySpirit FM.

A link to the interview on YouTube can be found at https://youtu.be/gErvjRV4jBo
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.
Some Tips to Help You Prepare for the Dream Ball

from the Dream Ball Committee and Diversity Task Force Advisory Committee (DAC)

On the last evening of the IASD conference, it’s time to spend some timeless hours in a shared space where dreams come alive in waking life! Costumes are not mandatory, but you are encouraged to take this chance to dress up like an image or element from your dreams and dance the night away. Start thinking now about your costume! There will be a dream costume parade that begins at 8:15 pm. You will have 1 minute to present how your costume relates to your dream (2 minutes for groups). We hope you will enjoy this dream community celebration and magical conclusion to the conference!

PLEASE NOTE: Cultural Appropriation Awareness

If your dreams are diversely populated, that’s a beautiful thing. However, IASD members sharing the dance floor will appreciate your awareness that cultural and/or racial appropriation is harmful to other people in waking life.

The IASD Principles of Community statement says we value “Dignity: Fairness, respect, and individual dignity. The promotion of a safe environment that is free from any type of harassment or abuse...” If your dream costume idea might target someone else’s religion, race, ethnicity, culture, gender, sex, sexual orientation or personal identity, then it’s best to dream up a new dream costume idea.

Thank you for helping create a safe space for our dream ball to be a great success!

Here’s some valuable information that might help you decide what not to wear: https://www.ohio.edu/orgs/stars/Home.html and https://www.youtube.com/watch?v=KMhKooYOQrM

If you have questions, you can email the Diversity Task Force Advisory Committee: diversityresponse@asdreams.org

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/

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

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 https://www.asdreams.org/covid-19-dreams/

REGIONAL NEWS YOU CAN USE

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

For this year's conference, the Regional Events Committee is hosting an informal lunch-time get together for Regional Representatives on Wednesday, July 20th (AKA Day 4). We will meet in Kiva Ballroom, where all the buffet lunches are being offered, and we will have a sign for the table. This is not one of our two regular meetings, but simply a chance to meet in person other reps that you might have seen only online so far. Come say hi!

This month the Events Committee is highlighting Katrina Martin. Katrina Martin, MA, is a queer, non-binary, chronically ill writer, educator, and photographer. They co-host the podcast Dreaming Back to the Earth about the intersection of dreams and the natural world, and they are the IASD regional rep for Colorado and New Mexico. Katrina also writes book reviews for DreamTime magazine. When not writing or talking about dreams, Katrina tutors students with dyslexia and other learning disabilities. They hold a master's degree in Consciousness and Transformative Studies from JFK University. Find them online at katrinadreamer.com, on Twitter @katrinadreamer1, or on Instagram @katrinadreamer.

Members in the Media

MARCIA EMERY GIVES TALK ON DREAMS IN ASHLAND, OREGON

Marcia Emery was invited by the Rogue Valley Metaphysical library in Ashland, Oregon to speak on "Finding the Wisdom of the Dream" which was recently posted on YouTube. She presented to a full house of 64 people in the community and their response was awe, delight and interest.

To hear the talk, please visit: https://youtu.be/VQUbpoVNoG0

In this issue Hot Off the Press focuses on our Keynote Speakers – this month we highlight Dr. Stephen LaBerge’s research on lucid dreams. This column publishes links to evidence-based scientific articles on dreams that are written for a non-research audience.

LUCID DREAMING: THIS RETREAT CAN TRAIN YOUR NIGHTTIME VISIONS BY ALICE ROBB

Stephen LaBerge is the Thomas Edison of lucid dreaming, yet the best way to meet him is at private, secluded conferences. Alice Robb hopped on a plane to find out what she could learn.

SOURCE: WIRED

WHAT CAN LUCID DREAMING TELL US ABOUT CONSCIOUSNESS? MAURIZIO BENAZZO (SAND CO-FOUNDER) IN CONVERSATION WITH STEPHEN LABERGE
Total New and Renewed Members = 58

New Members = 10
Christa E. Ladny
Kyle Napierkowski
Nour N. Al Nahas Etmaei Alsebaei
Pamela W. Brinker
Lee Kravitz
Travis Fortenberry
Nan M. Carter
Kelly Klosterman
Rocky Ortega
Anonymous = 1

Renewed Members = 48
David Jenkins
Catherine Banghart
Kristy Hildebrand
Bonnie C. Mitsch
Linda Leonard
Steven P. Moore
Marta Aarli
Jay E. Vinton
Arnold J. Hook
Tzivia Gover
Royce Fitts
Allen Proctor
David L. Kahn
Christopher Mathews
Maxwell P. Sklansky
Marilyn D. Manzi
Gary L. Goodwin
Kate Adams
Patricia A. Kilroe
Sarah Jane Palmer
Becky Day-Swain
Maria Consuelo Lozano Cells
Sharon Pastore
Jennifer E. Allen
Judith Lisa White
Richard Schweickert
Linda E. Yates
Ministry of Maat, Inc.
The Haden Institute
Hans Ole Østergård
Christopher L. Drake
Victoria Rabinowe
Michael Rohde Olsen
Jodine M. Grundy
Michele known as Misha Crosbie
Cornelius Lockett
Star Edwards
Deborah Armstrong
Jason M. DeBord
Wolfgang F. Ronnefeldt
Anton Rimsh
Mara M. Flynn
Anonymous = 6