



Dream News

March 2023 DreamNews
Volume Issue

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Total February New and Renewing Memberships = 60

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2023 IASD ANNUAL CONFERENCE IN ASHLAND, OREGON

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Registration OPEN – [On-Site and Hybrid Virtual](#)

Please join us in 2023 for a celebration of 40 years of IASD at our annual conference in Ashland, Oregon, the 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. Whether you plan to attend onsite or wish to virtually attend selected Hybrid Track sessions, registration is now OPEN for both by clicking here!

Lodging Update

The Venue is the spectacular Ashland Hills Hotel and Suites <https://ashlandhillshotel.com/> in beautiful Ashland, Oregon, at the base of the Siskiyou Mountains, just north of the California state line. 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 ([see Travel link](#)) Our limited block of discounted \$110-range rooms at the Ashland Hills Hotel & Suites is mostly filled. A few rooms may be available for certain dates, so ask which dates are open and always check the hotel first in case there are cancellations. We also have a few overflow rooms in the adjacent Windsor Inn at \$150 per night. You will receive the booking codes for both hotels when you register. Try online, but it is best to call in and let the receptionist know that you want the IASD discounted room block for whatever nights are available and, if you wish, whether other rooms are available outside what is available at another rate. There are many other options in the Ashland area as well, so see the lodging link for information.

Updated Program Schedule and Listing ONLINE

The program: Go to <https://iasdconferences.org/2023/conference-program/> to view the latest program schedule listing with presenters' names, talk titles and summaries, as well as the schedule-at-a-glance overview. 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 with ticket availability to a performance at the Oregon Shakespeare Festival.

The banner has a dark blue background with a circular inset on the right showing a silhouette of a head and a star. On the left is the IASD logo. The text 'KEYNOTES & INVITED SPEAKERS' is centered in large, white, bold letters. Below this are five portrait photos of the speakers. At the bottom, their names are listed in white text, followed by the website URL <https://iasdconferences.org/2023/> in a smaller font.

KEYNOTES & INVITED SPEAKERS

Mark Blagrove PhD, Nataki Garrett, Andras Jones, Jayne Gackenbach PhD, Jean Houston PhD

<https://iasdconferences.org/2023/>

Keynotes

- **Mark Blagrove**, PhD; Professor of Psychology and Director of the Sleep Laboratory at Swansea University - The Science and Art of Dreaming and Dream-Sharing
- **Nataki Garrett**; Interim Executive Artistic Director of the Oregon Shakespeare Festival - Theater, Dreams, and Creativity
- **Andras Jones**; writer, musician, actor, producer - Radio8Ball: The Pop Oracle

Invited Speakers

- **Jayne Gackenbach**, PhD; Emeritus Professor MacEwan University - Dream Meaning Through Art Making: The Personal Journey of a Dream Researcher
- **Jean Houston**, PhD; teacher, author of over 36 books and past consultant for the United Nations - Epidaurus Reborn



Registration for Virtually Attending the Hybrid Track is now OPEN

We are offering a Hybrid track as part of 40th IASD Annual International Conference for those who wish to join a selection of the conference presentations virtually. The Hybrid track runs during the four main days of the Conference and includes a section of 10 lecture-based sessions including addresses by the Research keynote and Research Invited speaker. The track will be open to all on-site participants as well as those joining us virtually via Zoom. If you cannot join us in person in Ashland, the Hybrid Conference track is for you! [Go to the hybrid landing page for details on the Hybrid Track & schedule](#) The Hybrid Track is also highlighted in green on the latest schedule-at-a-glance.

Presentations Wait List OPEN

Deadlines have passed for regular or poster presentations; however, the Wait List will remain open through mid-April on a space-available basis.

For submission instructions go to: <https://iasdconferences.org/2023/call-for-presentations/>

Volunteers Wait List OPEN

Volunteer positions are essentially filled at this point however, the wait list remains open, so feel free to apply for a position in the event one opens, which often occurs as the conference date approaches. Volunteers may attend the conference, which includes all video/audio recordings, for \$150 by working for about half the conference session hours (roughly 14 hours). A special complimentary fee and compensated option for Zoom-experienced AV Volunteers is also available. The following are the duty categories: Registration Desk, Room Monitor, Audio-Visual Support, Art Exhibit support. If you want more information or wish to volunteer, [click here](#) to apply.

Call for Art Submissions – DEADLINE March 15 2023 Juried Dream Art Exhibition

<https://iasdconferences.org/2023/call-for-art/>

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.

HOW TO ENTER: All works must be submitted using the Online Entry Form. Go here for information and the entry form: <https://iasdconferences.org/2023/call-for-art/>

Questions? Please contact the IASD Arts 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; 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 lecture sessions (Symposia, Panels, Keynotes, Invited) but do



**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.

Our entertainment for the ball will be The Rogue Suspects, Southern Oregon's premier musical act for over 20 years. Members of the ensemble represent the region's top vocal performers, music directors, actors, dancers, and musicians. All are very well known for their extraordinary performances and contributions to the Southern Oregon performing arts community, individually and collectively.

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!

Where to get great costumes in Ashland:

Renaissance Rose Costume Shop
258 A St, Ashland, OR 97520
541-708-6562

PLEASE NOTE: Cultural Appreciation

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 "Diversity: A constructive educational environment for participants at conferences and other activities, that welcomes the multiplicity of different approaches to dream studies, and strives to create an open, inclusive atmosphere of mutual respect." We hope you enjoy exploring the multiplicity of creative possibilities for dream costumes that won't offend other members.

The IASD Principles of Community also 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

Do you have a product or business to promote? Do you host a dream group? Are you an artist who would like to reach out to an international audience? Do you offer ongoing workshops? Are you one of the many published authors who are also members of IASD?

The annual conference program is handed out to every conference attendee and contains key information on events, schedule of sessions, workshops, and much more. Attendees constantly refer to the program onsite and hold onto it for future reference, generating multiple impressions for advertisers. Not all conference attendees are IASD members, so advertising in the conference program increases your exposure.

Final materials and payment deadline is MAY 19, 2023
Sorry, we cannot offer deadline extensions due to strict printing deadlines!

[Materials specification and payment deadline here.](#)

• Please email any questions prior to submitting. Contact Program Advertising Coordinator **Carol Malady** at cmariemalady@gmail.com and put **IASD AD** in the subject line.



THE DREAM JOURNAL - IASD CONFERENCE PRESENTERS SCHEDULED

Presenter Interviews Scheduled:

Conference Co-Chair and IASD Board Member Katherine Bell has scheduled a series of interviews with people connected to the upcoming conference in Ashland, OR. Her weekly shows air live Saturdays, 10-11 am US Pacific Time and are released as podcasts Mondays to all major podcast platforms. To listen live and call in with dreams or questions, tune into the livestream at KSQD.org.

March 4 Curtiss Hoffman (conference presenter)
March 25 Mark Blagrove (conference keynote)
April 1 Robert Moss (author of multiple books)
April 22 Alaya Dannu (conference presenter)
April 29 Andras Jones (conference keynote)
May 20 Bob Hoss (conference chair)
May 27 Angel Morgan (local conference host)
June 17 Ashland live on-the-spot show



Research Talk Series: A free offering in celebration with IASD's 40th Anniversary

Join us in celebrating the 40th anniversary of IASD in this series of talks where experienced IASD researchers discuss the major developments in dream studies over the past 40 years.

The talks are:

- intended for the general public and for anyone interested in dreams
- free of charge
- organized via Zoom
- recorded for later access
- spread over the year
- and include an interactive discussion period with the speaker



March 11, 2023
Noon - Eastern

A Short History of Lucid Dream Research with Daniel Erlacher

The talk will cover the history of lucid dream research, starting with the pioneers of modern lucid dream research: Stephen LaBerge, Jayne Gackenbach, Keith Hearne and Paul Tholey. The speaker will discuss some of the most stimulating and fascinating studies in the field of lucid dreaming research.

Daniel Erlacher is an associate professor of sports science at the University of Bern, Switzerland. His interest in lucid dreaming arose when he was a student discovering a book by Stephen LaBerge. Since then, he has done research on the topic of motor learning in lucid dreams.

[Click here for more information about the entire talk series and easy online registration.](#)

MUSIC THROUGHOUT THE YEAR

Curt Hoffman notes: "Since the 2021 IASD Conference, I have been working on a project to produce music for each of the 78 Tarot cards derived from my dreams. The project is now complete. To celebrate the 40th Anniversary of IASD, I am offering a musical selection every month from this set, with the cards which correspond to the 12 signs of the zodiac, starting with Aquarius."

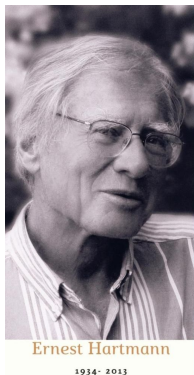
Musical Selection for March 2023

Key 18 – The Moon:

Under the light of the full Moon, a dog and a wolf bay, while a lobster emerges from a pool. Key 18 is attributed to the Water sign of Pisces, which is associated with the key of B major. The keynote for Pisces from *Esoteric Astrology* is "I leave the Father's home and turning back, I save." This Key is associated with the Hebrew letter Qoph, the Back of the Head, which in the Sefer Yetzirah is attributed to the Corporeal Intelligence, and with the quality of sleep.

This piece is scored for string quartet. The overall mood is rather dreamy. An introductory gently rocking theme in 4/4 time, Lento, is followed by a section in 3/4 time, Moderato, with pulsating eighth notes played against a waltz tune. A set of chromatic scales is then set against pizzicato strings. The opening theme returns, again in Lento in 4/4 time. The piece is comprised of 5 dreams, and is 2:05 minutes long. To listen to this month's music and for more information on the project: <https://www.asdreams.org/40th-anniversary-music-throughout-the-year/>

Dr. Curtiss Hoffman is Professor Emeritus of Anthropology at Bridgewater State University in Massachusetts. He has been an IASD member since 1996, and has frequently presented papers at annual IASD conferences, often based upon his own database of dreams. He is Chair of the IASD Student Research Awards Committee.



THE IASD ERNEST HARTMANN STUDENT AWARDS 2023 GUIDELINES

Curt Hoffman, Student Research Awards Chair

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! IASD 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, Equity, 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: [Student Awards | International Association for the Study of Dreams \(asdreams.org\)](#)

IASD HAS A NEW MERCH SHOP!

Show your love for all things dreaming and support IASD in one go at our new official merch shop! Enjoy the conversation-starting possibilities, or wear your IASD membership with pride.

Limited edition essentials are also available, commemorating our 2023 annual conference and our 40th anniversary. Perfect as mementos or souvenirs, for stocking up on travel necessities, or even for dream notes and study essentials. Grab a tote for the conference hike, a journal for your dreams, a notebook for conference notes (and autographs?) and more.

Visit [IASD-Dream-Shop.redbubble.com](https://www.redbubble.com/shop/iasd-dream-shop) to find dreamy treasures – new products and design collections added frequently, so keep checking back or follow us on socials for updates!



[IASD DREAMS & ETHNICITY PORTAL UPDATE](#)

IASD's Diversity Task Force Advisory Committee (DAC)

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!

A banner for 'INDEPENDENT STUDY ONLINE COURSES' featuring a laptop, a plant, and a starfish. The text reads: 'INDEPENDENT STUDY ONLINE COURSES', 'SCIENCE & PSYCHOLOGY OF DREAMING AND THE SCIENCE OF LUCID DREAMING', and the IASD logo.

Aotearoa - NZ (DNANZ) on Saturday and Sunday, April 1 and 2 (March 31 and April 1, US time). The topics will be: 1. The Science and Psychology of Dreaming; 2. The Significance of Color in Dreams; 3. a Dreamwork Workshop and 4. Near Death Experiences and Visitation Dreams. It is a free summit but DNANZ will provide a donation to the IASD/DSF dream research grant fund. It is also an opportunity to introduce the IASD Annual Conference in Ashland, in particular the Hybrid Track, to those in New Zealand who are interested. For information contact <https://dreamnetworknz.weebly.com/>

MARCIA EMERY INTERVIEWED FOR JEFFREY MISHLOVE

Marcia Emery appeared on Jeffrey Mishlove's New Thinking Allowed. Marcia recounts 50 years of personal experiences with precognitive dreams and intuition that led her beyond being a psychology professor to teaching graduate students and other people how to explore the wisdom of their dreams and develop intuition.

You can watch the full interview Adventures in Precognition at: <https://www.youtube.com/watch?v=ttlLxAMH4M>



NEW BOOK BY TZIVIA GOVER COMBINES DREAMWORK AND WRITING

Author Tzivia Gover's new book, *Dreaming on the Page: Tap into your midnight mind to supercharge your writing*, offers readers a unique method for accessing our naturally generous and creative dreaming mind, whether we remember our dreams or not. Small Press Bookwatch calls it "Unreservedly recommended reading for aspiring writers and experienced authors alike." Learn more at www.dreamingonthepage.com



In this issue of Hot Off the Press we will be focusing on the topic of REM sleep. This column publishes links to evidence-based scientific articles on dreams that are written for a non-research audience.

REM SLEEP IS MAGICAL. HERE'S WHAT THE EXPERTS KNOW. BY CAROLYN TODD

Dreaming, memory-making, problem-solving: A lot happens during the most active sleep phase.

SOURCE: [NEW YORK TIMES](#)

EYE MOVEMENTS IN REM SLEEP MIMIC GAZES IN THE DREAM WORLD

Eye movements that occur during REM sleep aren't random. They appear to coordinate what's happening during dreaming. The findings shed new light on what happens when we dream, and how our imagination works.

SOURCE: [NEUROSCIENCE NEWS](#)

IASD FEBRUARY 2023 Membership
Misa Tsuruta, Membership Committee
Total New and Renewing Members = 60

New Members = 17
Nina Fabian
Frances Duggan
Joseph R. Sedley
Yvonne Rulli-Butler
Patty Hlava
Lael J. Gold
Peter Sayer
John E. Temple
Sheli Ayers
RHE Charitable Foundation
Felicia I. Chavez
Strickland/Mitchell Family
Robbyn Peters Bennett
Anonymous = 3

Renewing Members = 43
Racicot Membership
Dale E. Graff
Cheryl Simons
Linda Y. Schiller
Lynne L. Ehlers
Line Salvesen
Ryan D. Hurd
Patti Allen
Richard A. Russo
Jayne I. Gackenbach
Laura Payne
Faith Harkey
Christi Cervetti
Cordell Jacks
Kenna Stephenson
Dragana Djukic
Anat Goulart
Kai Dailey
Lisa C. Avnet
Steven E. Pilgram
Laurel Clark
Tara M. O`Grady
Carrie Fields
Wakefully
Mark T. Blagrove
Lauren Z. Schneider
David Cielak
Nori Muster
Deborah Waitley
Kelly Bulkeley
Bernard Welt
Kathleen Crinion
Daniel J. Morris
Anonymous = 9

STAY CONNECTED

