



Dream News

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Visit our Website

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3RD ANNUAL
THE MANY WORLDS OF LUCID DREAMING
SAT. OCTOBER 29 - SAT. NOVEMBER 12, 2022
A TWO-WEEK Online Event from the International Association for the Study of Dreams

For more information and to register:
<https://bit.ly/lucidcon>

The International Association for the Study of Dreams will present its third annual online conference on *The Many Worlds of Lucid Dreaming*. The conference will offer presentations on the many facets of the lucid dreaming universe, ranging from practical "How To's" to explorations into psi, healing, philosophy, and spirituality, as well as the latest cutting edge scientific research.

Moreover, you will explore how to utilize the lessons of lucidity and bring them into your waking, day-to-day life so that you can live more lucidly. Naturally, bringing greater awareness into your waking life can lead to greater lucid dreaming. Similarly, learning how intent, expectation, beliefs and focus influence your lucid dreaming can give you liberating insights into how to use those same mental activities in your waking life - and consciously co-create a richer, deeper, more fulfilling life.

OCTOBER 29 - NOVEMBER 12, 2022

An Online Event from the International Association for the Study of Dreams. Robert Waggoner and Ed Kellogg will act as co-hosts for this special event.

WORKSHOP REGISTRATION:
Conference attendee: \$89.00
IASD Member: \$79.00
Student or low income: \$49.00
Optional add-on IASD Archives: \$49.00

[Register for the Many Worlds of Lucid Dreaming by Clicking Here](#)



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](https://ashlandhillshotel.com/) 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. We have reserved a limited block of rooms and suites (many of which have private balconies) at discounted conference rates in the \$100 to \$115 range, and arranged a deep discount at an adjacent site.

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, and the ever-popular costume Dream Ball.

Call for Presentations

Due date for regular program submissions:
December 21, 2022

Due date for poster submissions: March 1, 2023

For instructions go to

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



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

Place article copy here. Be sure to make the articles short and concise as people tend not to read much more than a couple of paragraphs. Place article copy here.



[Call for Volunteers – International Association for the Study of Dreams \(iasdconferences.org\)](http://www.iasdconferences.org)



DreamScience
Call for Research Grant Proposals
Deadline: Oct 15, 2022
<http://www.dreamscience.org>

Submission Deadline • 15 October 2022

For instructions • Go to <http://www.dreamscience.org/grant-opportunity/>
Or Click Here

Submission Areas • High quality quantitative and qualitative research proposals are invited in areas related to dreams and dreaming, including but not limited to the biology or neuroscience of dreaming, phenomenological and psychological studies of dreaming, and such fields as anthropological and cultural studies. All communication is by email and ALL SUBMISSIONS MUST BE ELECTRONICALLY SUBMITTED to bob@dreamscience.org

Special Areas of Augmented Grant Funding • Note that if you are submitting a grant proposal and identify as a member of an ethnic group that has been underrepresented in the field of dream research, you may also apply for IASD DEI Dream Research Grant support. Additional funds have also been provided this year to promote research into a greater understanding of PTSD dreams and nightmares, including clinical treatment research.

Grant Donations • Grant funds come from DSF donations matched by a combination of IASD funds plus individual donations. Our ability to advance dream research is therefore limited by the funds we receive. You can help to advance dream research by going to clicking here "[Support Dream Research on the IASD Donation form](#)" then entering an amount of your donation in the box provided placing '1' in the adjacent dropdown box then check the Dream Research option in the dropdown box that appears next. To donate specifically for DEI dream research grants, check the IASD Diversity option.

2022 IASD ANNUAL CONFERENCE IN TUCSON, ARIZONA – WRAP UP!

The 2022 Conference at the Loews Ventana Canyon Resort and Spa was an astounding success. We had 306 participants on and off site, counting our 47 participating artists; 272 were attending registrants (232 onsite, 40 virtual) and 34 exhibiting but non-attending artists. We met our financial goals and overfilled our room block by 130 room nights, some of that due to attendees staying over to make it a vacation and see some of the many Arizona attractions.

Conference evaluations indicated that, of those who responded, 100% were satisfied with the event, of those 68% strongly; 83% felt the costs were reasonable; 40% appeared to be newcomers; 29% said they became members of IASD because of the conference, and 89% said they would definitely attend again.

Comments included:

I was sooooo impressed by the open-heartedness, engagement, friendliness, helpfulness, curiosity-seeking, information-giving across the board, from presenters to participants. What a great group of human beings.

The conference exceeded my expectations in major ways. I was engaging, networking, learning, and talking to people from the word go, partaking in the type of in-depth lucid dreaming discussions I flew 1,700 miles to enjoy. I met many interesting people, learned more than I bargained for, and my only regret was how short the conference was.



The top 2 reasons people said they attended was to “meet new people” and to “have fun,” which I think we indeed did. When asked about the special events that they liked most, the comments covered all of them with the Art Exhibit (see below) and the Dream Ball standing out.

The Dream Ball was a big hit for sure, thanks to the hosts and committee: **Katherine Bell (MC), Bhaskar Banerji, Marcia Emery, Linda Mastrangelo and Carol Warner**. As per tradition the night began with a costume parade, followed by the super soulful sounds of the **George Howard Band**. There was dancing under a spectacular backdrop of dream-inspired films, thanks to **Bernard Welt** who curated the film shorts, and **Eric Whitman’s animation students** who created their own original dream-inspired film reel. A perfect culmination to a very successful conference.



To those who joined us, thank you all for attending – and for those who didn’t have a chance this year, we hope to see you next year in Ashland, Oregon.

Conference Art Exhibit Awards and Recap

Julie Nauman-Mikulski, Arts Committee

Forty-seven artists exhibited seventy artistic works in an exhibition that spanned video, soundscape, sculpture, painting, collage, textiles, photography, and montage. The diversity and quality of work, as always, was exceptional.



The intimate “Meet the Artist” event was well attended, followed by the Art Reception, a larger event with visitors crowding the exhibition space and refreshment area. This year’s reception attendees were welcomed by excerpts from **Curt Hoffman’s *Gilgamesh Cantata***, music compositions based on dreams.

Walter Berry and **Julie Nauman-Mikulski** acted as judges this year, awarding first, second and third place prizes and one merit award.

- First Place (\$550) was awarded to **Victoria Rabinowe** for her montage titled *Temple of Dreams*, a tabletop filled with an archive of handcrafted totems, tokens and talismans fabricated in response to hundreds of individual dreams over a span of thirty years.

- Second Place (\$350) was awarded to **Elaine Walsh** and her three stoneware pieces titled *La Doña de los Recuerdos*, *Of Agartha*, *Spirit of the Saguaros*. Elaine's tender portrait sculptures have closed eyes and peaceful expressions. They call to mind the calm reassuring presence of the characters referred to in her dreams.
- Third Place (\$250) was awarded to **Nancy Rynes** for *Stories of Her Ancestors*, and *Spirit Bison – Legacy*, a richly layered oil painting on panel representing the bison who welcomed her as a granddaughter in a dream.
- Honorable Mention (\$150) was awarded to **Dave Green** and his five black and white drawings, titled *Tudo*, *How many f**king times do we have to do this?*, *Smiling Peach*, and *Grey Kingston Upon Thames*. Dave's work is based on his lucid dreams in which he sometimes gives a dream character a drawing tool to make the images themselves.

The People's Choice Award (\$150) went to **Amy Lloyd**.

The Artists Panel, hosted by Julie Nauman-Mikulski, featured four artists working in very diverse media **David L. Ehlem**, oil painter, working in a surrealistic style; **Victoria Rabinowe**, working in montage and installation; **Amy Lloyd**, a traditional figurative oil painter; and **Sheila Asato**, digital painter and also working with virtual reality

[A summary of the art shown at the exhibition can be found on YouTube](#)

Membership News: General Membership Meeting – Warm Vibrations

Misa Tsuruta, Membership Committee Chair

On the fourth day of the conference as usual, the annual General Membership Meeting was held at the conference venue. What was different from the meetings in the past was that it was less packed and that there was social distance between people attending. But warm vibrations were unmistakably there and everyone seemed to be enjoying the presence of one another at this first in-person conference in three years. IASD membership plummeted to around 550 around summer 2020, obviously affected by the pandemic. However, it was back up to the normal range of around 600 after that. IASD would like to thank you for your continuous support and faithfulness despite many difficulties and obstacles.

The names of the deceased members were read and moments of silence were dedicated to them. Among those who passed during the past year were three past IASD Presidents: **Milton Kramer**, **Patricia Garfield** and **Rita Dwyer**. Board Chair **Maureen Biro** gave a special speech for them. Also, beautiful memorial boards for the three passed Presidents were set up in the hotel lobby, allowing people to rekindle fond memories of them.

Board News - Election Results

Your Nominating Committee Chair, Leslie Ellis

It is a pleasure to announce IASD's new directors and officers for 2022, and to thank both those who are staying, and those who are leaving. Our excellent president Michelle Carr has decided to remain in this crucial role for an additional year. Among her many accomplishments this year, she took a lead role in the hiring of our new office manager, Alina Mansfield, and managing this important transition (and our thanks to Richard Wilkerson for his many years in this key role).

Also remaining on the executive committee are Robert Waggoner (Treasurer) and Kelly Lydick (Secretary). We regretfully bid farewell to Board Chair Maureen Boyd Biro who filled this role with such grace and competence. Thank you for all your amazing work. Joy Fatooh will be the new Board Chair and is already ably filling Maureen's shoes. I am also regretfully stepping down from my role as Vice President, and am so pleased to welcome Sherry Puricelli as my replacement on the Executive Committee. I know I am leaving this post in good hands.



There are six new directors to welcome to the Board. Five filled the spots vacated by outgoing members whose term has ended, and one person has replaced a Board member who resigned. The voting was incredibly close. I would like to extend a big warm welcome to the five new Directors chosen by the membership: Magloire Aguirre, Melanie Rosen, Sharon Pastore, Katherine Lawson and Kiran Anumalesetty. In addition, welcome to Rachel Raider who has joined the board as a replacement for Jordi Borrás Garcia. Huge thanks to Jordi, and as well, deep gratitude to all of the directors whose 3-year terms ended this summer: Katja Valli, Loren Goodman, Laurel Clark, Ed Kellogg and Sherry Puricelli (who has moved on to the executive committee). I know I speak on behalf of the entire Board and membership in thanking all of you for your generous service to IASD.



This organization simply wouldn't exist without the incredible amount of time and effort Board and Executive members put in on so many levels. As someone new to the Board this past year, I was truly impressed with the level of camaraderie and cooperation in completing the myriad tasks involved in running IASD. It was a pleasure to work with you all!

ANNOUNCING THE IASD ERNEST HARTMANN STUDENT AWARDS FOR 2023!

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! 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: [Student Awards | International Association for the Study of Dreams \(asdreams.org\)](https://www.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/>

A REVIEW OF THE IASD DREAM STUDY GROUPS PROGRAM'S 2022 DREAMS & ETHNICITY SERIES

By Sahlah Dubel and Andrusa Lawson
of [Divine by Design](#)



For a BIPOC dreamworker, it's a struggle to navigate a field primarily built on the work of white-bodied individuals. As the health field awakens to the possibility of decolonizing wellness, such a paradigm is not an unfamiliar story. Creating opportunities to elevate the experience and expertise of other non-Eurocentric cultures is mandatory if we're to achieve a more diverse and equitable reality.

The Dreams and Ethnicity Study Group was a much needed first step towards this dream of inclusivity. Our cohort included a rich mix of dream advocates and practitioners who shared a common desire to expand our understanding of dream studies by lending cognitive space to the voices and wisdoms of non-Westernized approaches. Our presenters included an *amazingly* eclectic group of Thought Leaders, researchers, and practitioners whose work continues to expand the boundaries of traditional Freudian and Jungian perspectives.

We also utilized our virtual forums to connect with each other and with presenters to deep dive further. We hope future cohorts secure opportunities for more real-time dialogue with facilitators, receive additional technical support, and perhaps obtain meeting space at upcoming conferences. For now, the journey towards the dream continues. A rewarding experience and not a moment too soon!

Thank you Sahlah and Andrusa!

The next round of Dream Study Groups will begin in March 2023.

More information coming soon...

Michelle Carr & Angel Morgan, DSGP Co-chairs



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



COVID-19 DREAMS 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 <https://www.asdreams.org/covid-19-dreams/>

Members in the Media

NEW BOOK BY TZIVIA GOVER HELPS KIDS SLEEP TIGHT!

How to Sleep Tight through the Night, Tzivia Gover and Lesléa Newman’s timely and practical guide to peaceful sleep and sweet dreams for kids and the adults who love them offers creative and mindful solutions for soothing bedtime anxieties and developing healthy sleep habits. From playing an alphabet game to slipping a wish under a pillow, making a sweet dreams jar, and practicing breathing, this book is filled with 30 kid-friendly prompts that are accessible to all and easy to implement. Brimming with dreamy, full-page illustrations, and in a holdable, hardcover format, this calming collection of prompts and activities is an essential how-to-sleep guide for kids today. **Tzivia Gover** is a Certified Dreamwork Professional and the author of several books including *The Mindful Way to a Good Night’s Sleep* and *Joy in Every Moment*.



Learn more at: tziviagover.com/books



In this issue Hot Off the Press focuses on 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 M. 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. New research suggests you can prompt your dreams to solve your problems.

SOURCE: [Psychology Today](https://www.psychologytoday.com)

GUIDING YOUR SLEEP WHILE YOU’RE AWAKE BY SARAH KERSHAW

Some of these techniques have been in use for years. In one treatment, known as lucid dreaming,

patients are become aware that they are dreaming while the dream is in progress. In another, called in vivo desensitization, they are exposed while awake to what may be haunting them in their sleep — for example, a live snake, caged and harmless — until the fear subsides. Both techniques have been researched extensively.

More recently, therapists and other experts have been using a technique called dream incubation, first researched in the early 1990s by Deirdre Barrett, a psychologist at Harvard Medical School.

SOURCE: [NEW YORK TIMES](#)

IASD JULY & AUGUST 2022 Membership

*Misa Tsuruta, Membership
Committee*

Total new and renewed members = 51

New members = 14

Watershed Ways
Sarah Hall
John A. Valenzuela Ph.D.
Susan F. Stevens
Alisa K. Moore
Cynthia G. Reyna
Marina Sáiz Agúndez
Liz Dreams
Mary G. Priore
Anthony A. Levasseur
Danielle Mandarino
Katherine Ladd Pearson
Anonymous=2

Renewed members = 37

Pam Muller
Rosa Lanas Anwandter
Dawn Matheny
Patrick A. James
Jorge M. V. Secco Caetano
Nancy L. Tharp
Ming-Ni Lee
Norifumi Kishimoto
Kristoffer Appel
Antonio Zadra
Toby Fesler Heathcotte
Kelly Sullivan Walden
John E. Ettl
Jude Sargent
Kerstin Sjoquist
Michelle Samuel
Kathryn Ridall
Rachel Jean Silvini
Tad Messenger
Lean Anael Siegrist
Bea Salgado
Carissa Marie Galgano
Peter M. Maich
Anonymous=13

IASD AUGUST 2022 Membership

Total New and Renewed Members = 40

New Members = 7

Markel M. Mendez
Dina C. Blythe
May Makbelpur
Chelsea Kent
Anna Emanuela Tangolo
Drømmercirkler
Anne E. Kaiser

Renewed Members = 33

Sparrow Membership
Boyd Biro Membership
Ribbens Membership
Shanee Stepakof
Bambi Corso-Steinmeyer
Rita H. Hildebrandt
Dianne Muochon Rhodes
Michael Porter
Daniel Oldis
Permillie Albertus
Pat Precin
Paul Sauers
Howard Avruhm Addison
Peter Nuyts
Sarah E. Hall
Rhonda Libbey
Clare Johnson
Michael Monhart
Gloria Sturzenacker
Ira Barouch
Chase Markovich
Kloey A. Kelton
Govind Prasad
Kirsten Backstrom
Tony Howkins
Marcia Rose Emery
Jeanne Van Bronkhorst
David Low
Anonymous = 4

STAY CONNECTED

