



Dream News

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Total March New and Renewing Memberships = 58

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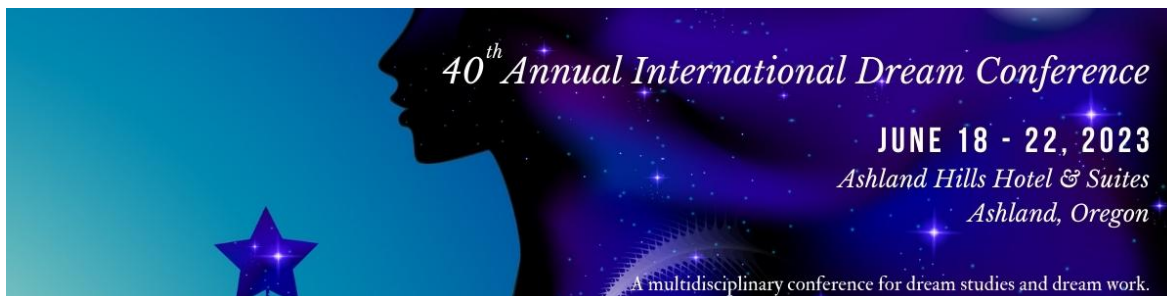
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Registration OPEN

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 more than 20 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, a researcher, a student, an artist, a performer, an 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!

If you cannot join us in person in Ashland, the Hybrid conference track is for you!

Lodging Update

The Venue is the spectacular Ashland Hills Hotel and Suites 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, but there may be a few that open up so ask the hotel registration desk which dates are open and always check with the hotel first in case there are cancellations. There may also be a few overflow rooms that open up in the adjacent Windsor Inn at \$150 per night. You will receive the booking codes for both hotels when you register. 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, ask whether other rooms are 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: Click to view the latest program [schedule listing](#) with presenters' names, talk titles and summaries, and the latest 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 features the IASD International logo on the left. The title "KEYNOTES & INVITED SPEAKERS" is centered in white text. Below the title are five portrait photos of the speakers: Mark Blagrove, Nataki Garrett, Andras Jones, Jayne Gackenbach, and Jean Houston. To the right is a silhouette of a person's head with a star above it. At the bottom, the names of the speakers are listed, followed by the URL <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.

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

Highlight your presence at the 2023 IASD Conference by advertising in the annual conference program.

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.

IASD PRE-2023 CONFERENCE PODCAST INTERVIEWS AVAILABLE

Several 2023 Conference Keynotes, Invited Speakers and Presenters are being interviewed this year, prior to the conference. Below you will find listings and links.

SHRINK-RAP RADIO

Conference presenters **Greg Mahr, MD** and **Chris Drake, PhD** were interviewed by host David Van Nuys for his Shrink Rap Radio podcast.

Greg Mahr MD is a psychiatrist, a teacher and a writer. He is director of Consultation Liaison Psychiatry at Henry Ford Hospital in Detroit. Dream work and Jungian psychology have been long standing interests of Dr. Mahr's. Greg is an avid writer, and has published flash fiction and poetry in a variety of medical and literary journals. His poetry chapbook, *Open Heart*, will be published in March by Celery City Press. Greg is currently collaborating with visionary artist Heather Taylor-Zimmerman.

They are producing a set of dream cards and an associated book which will be published later this year by Inner Traditions Press.

Chris Drake PhD is the Director of Sleep Research program at Henry Ford Hospital. He has published over 200 clinical papers and has received multiple research grants from the National Institutes of Health for his work on sleep. He is the former Chairman of the National Sleep



Links to the full interview and video clips can be found at:

Mahr & Drake Full
https://youtu.be/DO_OjZ9ifO8

Foundation and is a section editor for The Principles and Practice of Sleep Medicine, the standard textbook used in training programs for physicians specializing in sleep medicine.

Mahr & Drake Clip
<https://youtu.be/RRtRB-p5GBA>

DREAM POWER RADIO

Podcaster Debbie Spector Wiseman will be interviewing conference presenters on her Dream Power Radio show. According to Debbie:

Kelly Bulkeley - radio show March 24, Podcast drops on March 27

Andras Jones - radio show April 21, Podcast drops on April 24.

The links for the radio show and the podcast are the same for both interviews: [radio show](https://www.iheart.com/live/power-me-up-radio-talk-247-9185/)
<https://www.iheart.com/live/power-me-up-radio-talk-247-9185/>

THE DREAM JOURNAL

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

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



IASD 40th ANNIVERSARY EVENTS FOR APRIL

IASD's 40th Anniversary celebration continues this month with a research lecture and discussion about nightmares, led by Antonio Zadra, PhD.

**April 29, noon Eastern:
Antonio Zadra, PhD**



Talk Summary:

What are nightmares? Who has them and why? When should we worry about our nightmares? Can they be treated and if so, how? This talk explores the most recent answers to these and other fascinating questions about the science and experience of nightmares.

Antonio Zadra, PhD:

Antonio Zadra, PhD, is a professor of psychology at the Université de Montréal. Dr. Zadra has published widely on the science of sleep and dreams and is the co-author of the book *When Brains Dream: Understanding the Science and Mystery of Our Dreaming Mind*.

For more information and to register: <https://www.asdreams.org/40th-anniversary-research-speaker-series/>

MUSIC THROUGHOUT THE YEAR

Dr. Curt Hoffman's *Musical Dream Tarot* also continues this month with:

Key 4 – The Emperor

The Emperor, in steel armor, sits enthroned upon a cube in a red mountainous area, holding the orb and

scepter of office. Key 4 is the first of the zodiacal Keys, attributed to the Fire sign of Aries, the key for which is C major. The keynote from Esoteric Astrology for Aries is "I come forth, and from the plane of mind, I rule." This Key is associated with the Hebrew letter Heh, the Window, which in the Sefer Yetzirah is attributed to the Constituting Intelligence, and with the quality of sight. In the body, it represents the head.

To listen to this month's selection and learn more about the process: <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.

CURRENT MEMBERS CAN VOTE FOR IASD BOARD MEMBERS NOW!

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 2023 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:



Katherine Bell (USA), **Sophie Boudrias** (Canada), **Alaya Dannu** (USA), **Tzivia Gover** (USA), **Karim Bou Said** (United Arab Emirates), **Isaac Taitz** (USA), **Jeanne Van Bronkhorst** (Canada).

From these seven candidates, the five with the most votes will be elected to begin their three-year term in June 2023.

Only current members of IASD can vote for Board Members. You will receive an email with a password for the vote and once you've signed the electronic consent form, you can go ahead and vote. A paper ballot and bio descriptions will also be available in the upcoming edition of *DreamTime* magazine.



IASD HAS A NEW MERCH SHOP!

New IASD merch drop! T-shirts and sweatshirts in multiple styles and colors available now at [IASD's Dream Shop](#). Keep those special conference memories alive and commemorate IASD's 40th anniversary with a limited-edition t-shirt or our new drawstring backpack. The perfect memento, souvenir, or gift, and a great conversation starter. Show your love for dreams and spread the joy of being an IASD member. Order ASAP so you'll have them in time for the conference! 20% off if you sign up for Redbubble's newsletter, too. Insider tip: new products and designs added regularly; be sure to check back to discover more dreamy treasures!

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 not include workshops or sessions where personal dream sharing took place.



[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!



IASD ONLINE COURSES

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>



REGIONAL NEWS YOU CAN USE

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

The Regional Reps are getting ready to gather once again in April for our twice-annual meetings. These meetings came about because people expressed wanting to feel more connected to the organization and to each other. We explore some aspect of the organization in each meeting, and then open the second half for conversation and sharing of people's dream-related work.



Are you thinking of reaching out to your local dream community? The Regional Events Committee can help you sort through several options for events – from zoom tea parties to multi-day events – and guide you through the process. Contact Jeanne at vanjvb@gmail.com

Dr. Deon van Zyl is our Regional Representative for South Africa. He is a clinical psychologist and the provincial chair in South Africa of associate professional members to the SA Association of Jungian Analysts (SAAJA). He has delivered numerous lectures and workshops on dreams to healthcare practitioners, as well as many public lectures, weekend retreats and radio talks on dreams and dreaming. At all these events he makes a point of mentioning the wonderful work of IASD.

Since his first IASD conference in Montreal (2008) he says he was hooked, thoroughly enjoying the different streams and options on offer. He especially loves the variety of approaches that IASD has to offer on dream processing. He presented at the 2009 IASD conference in Chicago on "Holographic Dreaming" with a follow-up article in *DreamTime* magazine, and a 2016 presentation in Kerkrade adding Jung's transcendent function to holographic dreaming. At the 2010 IASD conference in Asheville he presented on the Clown Archetype. He says, "above all else, I love the warm, open and receptive people of IASD."



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

BLOCKBUSTER FILMMAKER SAYS ONE OF HIS MOVIES CAME FROM A SINGLE IMAGE IN HIS DREAM
BY FAREED ZAKARIA, GPS

CNN's Fareed Zakaria speaks with Oscar-winning filmmaker James Cameron, the mind behind some of the highest grossing movies of all time like "Avatar" and "Titanic," about how his dreams inspired his iconic films.

SOURCE: [CNN](#)

HOW TO INTERPRET DREAMS OF MOVIES, TV, AND VIDEO GAMES
BY KELLY BULKELEY

The media we consume during the day can have a big impact on what we dream of at night. Movies, television shows, and video games have an especially strong influence on dreaming. This might sound like a harmful intrusion into the private space of one's unconscious, and perhaps in some cases, it is. But a closer look reveals that most dreams with references to movies, etc., actually convey important psychological insights if you know what to look for.

SOURCE: [PSYCHOLOGY TODAY](#)

IASD MARCH 2023 Membership

Misa Tsuruta, Membership Committee

Total New and Renewing Members = 58

New Members = 10

Celia E. Coolidge
Laura Avila
William Q. Judge
Joseph P. Scarola
Sofia University
Keren W. Vishny
Naomi Kimmelman
Rebecca Young
Anonymous = 2

Renewing Members = 48

Athena Lou & Eric Smith
Patricia L. Kampmeier
Diane E. Grieg
Alfio Maggiolini
Marco Zanasi
John M. Corbett
Jane E. Carleton
Valerie T. Bigelow
Elizabeth Scanzani
Ann Aaboe Bengtsson
John T. Shaw
Bhaskar Banerji
Wojciech Owczarski
Kathy Dirks
John E. Beebe
Amy Lloyd
Karim Bou Said
Mary-Therese Dombeck
Melinda Powell
Connie Bovier
Richard Gilbar
Kathy A. Schmidt
Jennie B. Meyer
Alice Cunningham
Katharine Donovan Kane
Melanie G. Rosen
Sahlah Dubel
Andrusa Lawson
Gary Braun
Susan Ackerman Joseph
Carol J. Oschmann
Liv M. Evensen
Cynthia Bauman
Francesco A. Ancona
Colleen Hickey
Sarah E. Weldon

Cate Reidy
Ava Lindberg
Justina Lasley
Robert G. Krumhansl
Katie Mason
Will Phillips
Gerhard Kloesch
Anonymous = 4

NEW IMPROVED
RADICAL REALITY CHECKS!!!
PART 2 OF A SERIES

ARE YOU TIRED OF THE "LOOK AT MY HAND"
REALITY CHECKS NOT WORKING??



TRY THIS 2-STEP VERSION!



STEP 1:
LOOK AT YOUR HAND,
ASK "AM I DREAMING?"



STEP 2:
USE HAND
TO FACEPALM
WHILE ASKING
"LIKE THE LAST
TIME I MISSED MY
DREAMSIGN???"

STAY CONNECTED



