

Dream News

June 2023 VOLUME 21/ISSUE 6

IN THIS ISSUE:

2023 IASD ANNUAL CONFERENCE IN ASHLAND OREGON

- Registration OPEN Onsite and Online Options with CEs
- Lodging Update
- Program Schedule Posted
- CEs Available
- Some Tips to Help You Prepare for the Dream Ball

The Dream Journal Show Radio Show will be Live at the Conference!

IASD Celebrates 40th Anniversary! Featuring Curtiss Hoffman's Musical Tarot

IASD Celebration Video Airs!

Get Your IASD Merch Before the Conference!

IASD Dreams and Ethnicity Portal

IASD Online Courses

Regional News You Can Use

Member Around the World

Hot Off the Press

Dream Toon

Total MAY New and Renewing Memberships = 42

Contact:

office@asdreams.org 209.724.0889

Visit our Website

Contact:

office@asdreams.org 209.724.0889

Linda H. Mastrangelo

Editor

Joy Fatooh

Copy Editor

Laura Atkinson

Design & Layout

Alina Mansfield

Central Office Manager

Jean Campbell

Executive Committee Advisor

Delia Puiatti

Dream Illustrator

2023 IASD ANNUAL CONFERENCE IN ASHLAND, OREGON



Registration OPEN for Onsite and Online Options including CEs

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 over 15 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. We have options available for you whether you plan to attend onsite or wish to virtually attend the Online Track which offers sessions as a hybrid of both onsite and online.

Online Conference Track – June 19-22, 2023

For our global network who are not able to join us in person, we offer the Online Track. This 4-day academic program includes selected highlights, broadcast live via Zoom from Ashland, Oregon. It is filled with evidence-based talks on the latest dream research, lucid dreaming, working with nightmares, the art of creative dreaming and others we know you will enjoy. The topic of dreams will be explored by a rich array of leading experts in the field, sharing their latest findings and insights. If we say so ourselves, the line-up is absolutely dreamy.

Be in the virtual room with our speakers, have the opportunity to ask questions in the live chat on Zoom, and receive follow-up recordings of each session in the online program. No matter where you are in the world, you won't miss a thing!

Join us for the IASD Online Track!

Registration is OPEN

CLICK HERE TO REGISTER FOR THE ON-SITE CONFERENCE

CLICK HERE TO REGISTER FOR THE FOUR DAY ONLINE TRACK

Lodging Update

The venue is the spectacular Ashland Hills Hotel and Suites in beautiful Ashland, Oregon, 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). Although our limited block of discounted \$110-range rooms at the Ashland Hills Hotel & Suites is filled, rooms do open up last minute so ask the Ashland Hills hotel first if any rooms or dates are open within the IASD Conference block or what your options for staying there might be.

Updated Program Schedule and Listing Posted

The program: 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.



Keynotes and Keynote Events

- Theater and Dreaming Panel Kamilah Long, Evren Odcikin, Donya K. Washington with Kelly Bulkeley as moderator.
- Andras Jones, writer, musician, actor, producer Radio 8Ball: The Pop Oracle
- Mark Blagrove, PhD, Professor of Psychology and Director of the Sleep Laboratory at Swansea University - The Science and Art of Dreaming and Dream-Sharing

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

IASD CONFERENCE FEATURES LIVE SHOW WITH KATHERINE BELL

Although all interviews are completed, Host Katherine Bell will feature a **live on-the-spot show June 17 in Ashland**. Released interviews are available on all major podcast platforms including conversations with Andras Jones, Angel Morgan, Bob Hoss, Leslie Ellis, Alaya Dannu, Mark Blagrove and Curt Hoffman.

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



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 Roque

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.

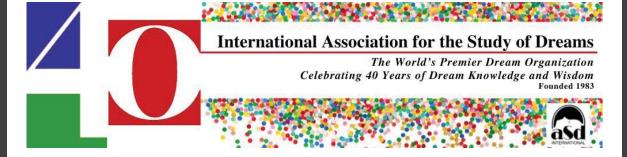
The IASD Principles of Community also says we value "Dignity: Fairness, respect, and individual dignity. The promotion of a safe environment that is free from any type of harassment or abuse..." If your dream costume idea might target someone else's religion, race, ethnicity, culture, gender, sex, sexual 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



Music Throughout the Year

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

Key 6 – The Lovers:

The naked Lovers stand beneath two trees, the woman's on the left with fruit and a serpent coiled around it, the man's on the right with flame-shaped leaves. The archangel Raphael blesses them both from above. Key 6 is attributed to the Air sign of Gemini, which is associated with D major and the relative B minor. The keynote for Gemini from *Esoteric Astrology* is "I recognize my other self, and in the waning of that self, I grow and glow." This Key is associated with the Hebrew letter Zayin, the Sword, which in the Sefer Yetzirah is attributed to the Disposing Intelligence, and with the quality of smell. In the body, it represents the lungs.

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.

IASD CONFERENCE TIME-CELEBRATION VIDEO AIRS

IASD's 40th Anniversary Conference will be held June 18-22 in Ashland, Oregon. As part of the celebration a 40th Anniversary video, created by award-winning videographer Christine Anderson, will be aired at the opening of the conference. This video has been created at the request of the Conference hosts, Angel Morgan and Kelly Bulkeley.

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!

International International ASHLAND 2 0 2 3

Visit <u>IASD-Dream-Shop.redbubble.com</u>



IASD DREAMS & ETHNICITY PORTAL UPDATE

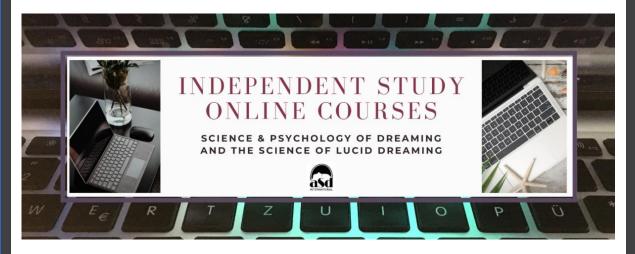
IASD's Diversity Task Force Advisory Committee (DAC)

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, pleaseclick 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 <u>diversityresponse@asdreams.org</u> 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

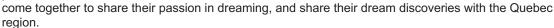


REGIONAL NEWS YOU CAN USE

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

When Sophie Boudrias, Quebec Regional Representative, sent word out to her members that she was interested in gathering, many responded they would like to return to their tradition of putting on a day-long dream event for Quebec Francophones.

They are now planning a Regional Dream Colloquium to be held on August 12 in Montreal. The event will feature 8 presentations on topics including recent scientific discoveries, therapeutic perspectives and personal life stories. Local researchers, clinicians and authors will





The event will be held in French at the Auberge Royal Versailles near the Radisson metro station in Montreal, from 9:00 a.m. to 3:30 p.m. The entrance cost will be \$25/person, or free for IASD members. You can see info on the Facebook site https://www.facebook.com/reseaudureve and to register you can fill out the form here: https://forms.gle/B6hFpG3FovU1FRLJ9.

MEMBERS AROUND THE WORLD

MARK BLAGROVE AND JULIA LOCKHEART VISIT THE BAY AREA

Friday, June 16th at 7pm at Pegasus Downtown, psychologist MarkBlagrove and artist Julia Lockheart discuss their book, *The Science and Art of Dreaming.* They will be joined in conversation by Richard Russo.

This is a free event. Books will be available for purchase and signing at the event. For more information, please visit https://www.pegasusbookstore.com/event/blagrove-lockheart



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

MIT'S DREAM-CONTROLLING GLOVE: A GAME CHANGER IN BOOSTING CREATIVITY & INNOVATION BY ROBIN

MITCHELL

Recently, researchers from MIT published their work on an electronic glove that can be used to control dreams and help inspire creativity. Why is trying to control dreams generally challenging? What did the researchers develop, and how could it be used to help boost creativity?

SOURCE: ELECTROPAGES

RECORDING DREAMS? AI COULD HELP US DO THAT USING BRAIN SCAN DATA BYAMEYA **PALEJA**

Researchers at Osaka University in Japan have successfully created an artificial intelligence (AI) model that can recreate images that people are seeing using their brain scans alone. Further work on this area could one day perhaps help us record dreams and allow paralyzed patients to communicate non-verbally.

SOURCE: INTERESTING ENGINEERING

IASD MAY 2023 Membership

Misa Tsuruta, Membership Committee

Total Membership = 42

New Members = 10

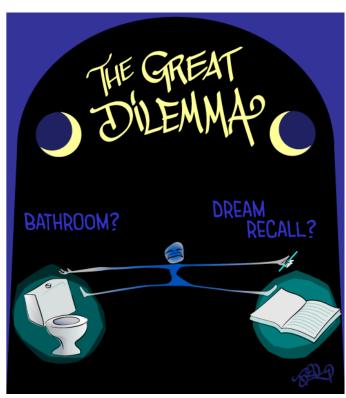
Joy Steuer Catherine Farrel Cheng Qian Seyta Selter Etja Ruth Sarah Luchs Amina Montana Anonymous = 3

Renewing Members = 32

Linda Yates Petra Meedt Christina M. Scott Christopher L. Drake Linda Leonard Bonnie C. Mitsch Gary L. Goodman Steven P. Moore Michele Crosbie Jay E. Vinton Royce Fitts David L. Kahn Pat Barnett Victoria Rabinowe **Christopher Mathews** Sarah Jane Palmer Peter Nagels Marta Aarli **David Jenkins** J. William Pezick Travis Fortenberry Jason M. DeBord Mara M. Flynn Jodine M. Grundy Gayle S. Early Otto Rheinschmiedt Patricia A. Kilroe Chase Markovich **Gunnar Sundstrom** Michael Rohde Olsen

Anonymous = 2

DREAM TOONS WITH DELIA



PLEASE NOTE:

THERE WILL BE NO JULY ISSUE DUE TO THE CONFERENCE. WE HOPE TO SEE YOU ALL IN ASHLAND!

