



Dream News

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Total April New and Renewing Memberships = 60

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2023 IASD ANNUAL CONFERENCE IN ASHLAND, OREGON



Registration OPEN for Onsite and Online Options

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 both onsite and online.

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! For more information click [here](#)

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, 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](#)). 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.

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 for the conference. 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 Posted

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.

KEYNOTES & INVITED SPEAKERS

Panel: Donya Washington, Evren Odcikin, Kamilah Long ♦ Andras Jones ♦ Jean Houston PhD ♦ Jayne Gackenbach PhD ♦ Mark Blagrove PhD

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

Keynotes and Keynote Events

- Mark Blagrove, PhD, Professor of Psychology and Director of the Sleep Laboratory at Swansea University - The Science and Art of Dreaming and Dream-Sharing
- Andras Jones, writer, musician, actor, producer - Radio8Ball: The Pop Oracle
- Theater and Dreaming Panel: Kamilah Long, Evren Odcikin, Donya K. Washington of Oregon

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*

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

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](#)



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



International Association for the Study of Dreams

The World's Premier Dream Organization
Celebrating 40 Years of Dream Knowledge and Wisdom
Founded 1983



MUSIC THROUGHOUT THE YEAR

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

Key Five: The Hierophant

The Hierophant, dressed as a pope, sits on an indoor throne, attended by two tonsured priests whom he blesses. Key 5 is attributed to the Earth sign of Taurus, the key for which is C# major. The keynote for Taurus from Esoteric Astrology is "I see, and when the eye is opened, all is light." This Key is associated with the Hebrew letter Vav, the Nail, which in the Sefer Yetzirah is attributed to the Triumphant and Eternal Intelligence, and with the quality of hearing. In the body, it represents the throat.

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.

FINAL REMINDER TO 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), Tziviva 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 a password for the vote and once you've signed the electronic consent form, you can go ahead and vote.



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!



Visit [IASD-Dream-Shop.redbubble.com](https://www.IASD-Dream-Shop.redbubble.com)



[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 Representatives met again this past month via Zoom to check in with each other and learn more about the workings of the IASD. This meeting Michelle Carr took us through the online dream education offerings, which have expanded and deepened over the past year. We talked about ways to invite local members to enter one of the dream series together for ongoing discussion.



Regional Rep Spotlight

This month we are highlighting one of our two newest Regional Reps, **Pam Muller**. As a longtime IASD member, Pam has always enjoyed the organization's vast body of literature and network of worldwide dreamers. She says, "I am thrilled and honored to be invited to step on as a Regional Representative for the southeastern United States."

Pam is a certified spiritual director from the Haden Institute, author (*33 Ways to Work with Your Dreams*), and dream expert with a professional background in education. She runs a private practice of dream interpretation and spiritual direction through her website SweetGeorgiaPam.com, guiding people towards increased spiritual and emotional well-being.

She also serves on the board of directors for Zeitgeist, a nonprofit organization offering education, practice, and community to the "spiritually independent," where she also teaches dream work to the spiritual directors in training.

Pam is currently working on her first online course (launching soon)! She enjoys content creation on Instagram and TikTok @SweetGeorgiaPam. Find her there and say hello!

MEMBERS IN THE MEDIA

KELLY SULLIVAN WALDEN ON THE FRONT PAGE OF YAHOO NEWS

Kelly Sullivan Walden's article "The 5 Most Common Dreams" was featured in The Insider and was on the front page of Yahoo News.

To read her full article, please [click here](#)

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

The American Psychological Association (APA) defines a lucid dream as “a dream in which the sleeper is aware that he or she is dreaming and may be able to influence the progress of the dream narrative.” Most people rarely have spontaneous lucid dreams,

with an estimated 40-50 percent of people never having the experience. Still, lucid dreaming is a sought-after — and accessible — state for many dreamers. Experts agree that people can train themselves to lucid dream, and that the results can be illuminating and even healing.

SOURCE: [HEALING MAPS](#)

WHAT ARE THE BEST LUCID DREAMING TECHNIQUES? BY JOCELYN TIMPERLEY

Lucid dreaming holds a widespread appeal, but many people simply can't do it. So what do studies show are the best techniques?

SOURCE: [BBC](#)

IASD FEBRUARY 2023 Membership
Misa Tsuruta, Membership Committee
Total Membership = 60

New Members = 10

Kristin Lang
Richard C. Zamora
Bonnie Settlage
Carla Levy
Annabel Lee
Jessica Blum
Laura St. Claire
Oniri

Anonymous = 2

Renewing Members = 50

Wilkerson Membership
Gordon Membership
Veronica V. Witty
Joan Quilligan
Joy Fatooh
Judith Lisa White
Arnold J. Hook
Leslie Ellis
David P. Greene
Deb M. Irvine
Susan Vasiljevic
Lesley Taranto
Rachel G. Norment
Jabari T. Jones
Sharon Pastore
Kim C. Bennett
Lukas Bauer
Maarten M. van Rootselaar
Aaron M. Corcoran
Johanne T. LaRocque
Greg Mahr
Robin Corak
Kyle Napierkowski
Nour N. Al Nahas Etmaz Alsebaei
Deborah Lilly Coupey
Shiela M. Asato
Tzivia Gover
Star Edwards
Sven Doehner
Robert C. Bunch
Silja Heikkilä
Deborah Armstrong
The Haden Institute
Lee Kravitz

**MONEY \$AVING
DREAM BALL
COSTUME IDEAS!**



THE WHOOPSIES

THAT DREAM WHERE YOU GAVE A TED TALK BUT FORGOT TO WEAR CLOTHES. NO SHIRT, NO SHOES, NO DRY CLEANING!
*DON'T FORGET THE EXTRA BLUSH!



SHABBY-CHIC SHADOW

THAT CREEPY SHADOW FIGURE FROM THOSE NIGHTMARES. METHOD: DON'T SHOWER, BRUSH HAIR, OR CHANGE CLOTHES FOR A YEAR. SUPER MONEY SAVER!



THE SCREAMER DREAMER

THAT NIGHTMARE WITH ALL THE CHASING AND YOWLING. WEAR ANYTHING, BUT RUN SCREAMING FROM EVERYONE AT THE DREAM BALL. THEN ASK THEM FOR A GIFT.



**THE NO-RECALL
NO DREAM-BALL**

THAT DREAM YOU LOST ALL RECALL OF THANKS TO THE DANG ALARM CLOCK. JUST DON'T SHOW UP TO THE DREAM BALL!

Marlise Brauchli
Catherine Banghart
Gina Pearlín
Robert Moss
Anonymous = 9

STAY CONNECTED

