



Dream News

VOLUME 21/ISSUE 8

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Total AUGUST New and Renewing Memberships = 52

Visit our Website

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**THE 2024 IASD ANNUAL INTERNATIONAL CONFERENCE,
KERKRADE, NETHERLANDS**

Dream Conference

**ROLDUC ABBEY | ABDIJ HOTEL ROLDUC
KERKRADE, THE NETHERLANDS**

<http://iasdconferences.org/2024>

SAVE THE DATES

June 8 - 12, 2024



Presentation Submission Deadline December 20, 2023

Research Poster Submission deadline March 15, 2024

<http://iasdconferences.org/2024/call-for-presentations/>

Announcing our 41st Annual International Dream Conference will be at the beautiful 12th Century Rolduc Abbey in the Netherlands.

Venue • The location is the enchanting 12th Century Rolduc Abbey Conference Center (pictured in the masthead) in Kerkrade in the southern part of the Netherlands. The site is close to several international airports, including those in Germany and Belgium, providing ease of international travel and sightseeing for those who wish to enjoy touring before and after the conference.

The Conference • will feature: over 100 **Presentations and Workshops** from authors, professionals, researchers, and other subject matter experts around the globe; world-renowned keynote speakers; a **Dream Art Exhibition** placed around the cloister of the Abbey; an opening reception and art reception; the annual **Psi Dreaming Contest**; a **Dream Hike** on the Dutch/German border; and the ever-popular costume **Dream Ball** and other special events appropriate to enjoyment of the location. Consider presenting and/or attending. You'll be part of a big, diverse dream family – and you may make some of the best friends of your life! Enjoy exploring your dreams in the Netherlands during this 5-day dream extravaganza.

Submissions • The program is multi-disciplinary, and proposals are peer reviewed. High-quality proposals are invited that fall into any of the following tracks: Research and Theory; Clinical Approaches; Dreamwork Practices; Dreams and the Arts; Dreams and Ethnicity; Education; Religion, Spirituality and Philosophy; Extraordinary, Psi and Lucid Dreams; Dreams and Health; Culture and History. **Submission Categories include:** Talks; Symposia; Panels; Workshops; Special Events; Morning Dream Groups; and Poster Papers.

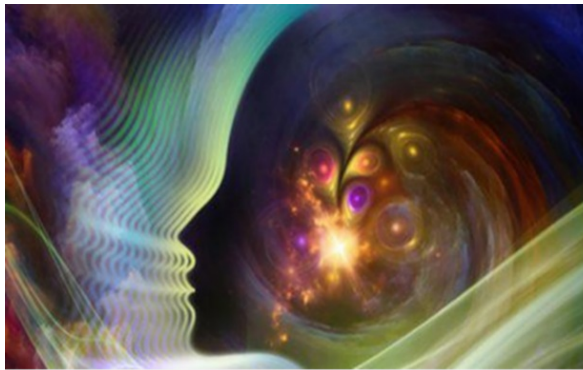
Information and Submission Instructions • can be found on the conference website <http://iasdconferences.org/2024/call-for-presentations/> All presenters are offered a discount. **All submissions must be made online.**

Registration will open in mid to late September.

Call for Volunteers

Become a part of the team and enjoy the conference at a deeply discounted rate. Volunteers attend the conference, which includes all video/audio recordings, for a fee of \$200 (€180) by working about half the conference session hours (roughly 14 hours) with session preferences taken into account where possible. This fee covers the conference attendance, all receptions and included special events, and the Dream Ball. Volunteers arrange for their own travel, lodging and meals, CE fees and any separately priced special events they wish to attend.

The duties are consolidated into 4 categories: Registration/Info Desk, Room Monitor, Audio-Visual Support and Art Exhibition. There is a special fee arrangement for a few AV volunteers with Zoom and recording skills. Apply early since acceptance is determined by a combination of application date and available positions. If positions fill, a waiting list will be maintained and those on that list will be offered a position if an accepted volunteer does not register or cancels. You may address any volunteer-related questions to Julie Sparrow (volunteers@asdreams.org). For information and to register go to: <https://iasdconferences.org/2024/call-for-volunteers/>



DreamScience
Call for Research Grant Proposals
Deadline: Oct 15, 2023
<http://www.dreamscience.org>

**CALL FOR DREAM RESEARCH GRANT PROPOSALS
DEADLINE FOR PROPOSALS OCTOBER 15, 2023
For Information and the Online Submission Form go to:
<http://www.dreamscience.org/grant-opportunity/>**

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.

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 will have the opportunity to 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.

Awards • are made based on donated funds available from IASD/DreamScience Foundation matching funds, Sponsors (as above) and the generous donations of others who wish to support dream research. Proposals go through a peer review and rating of research quality by a Research Grant Committee of professional researchers, followed by Sponsor reviews as applicable to their area of support. Research quality ratings consider value to dream science and the population served, a solid methodology design, and various risk elements. Awards are typically announced in December and include a scholarship to present the results at an upcoming IASD conference.

Instructions • ALL SUBMISSION MUST BE ELECTRONICALLY SUBMITTED using the online RESEARCH GRANT SUBMISSION FORM which can be found here:
<http://www.dreamscience.org/grant-opportunity/>

Grant Donations • Our ability to advance dream research is limited by the donations we receive. You can help to advance dream research by 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 checking the Dream Research option in the dropdown box that appears next.

THE ERNEST HARTMANN STUDENT RESEARCH AWARDS

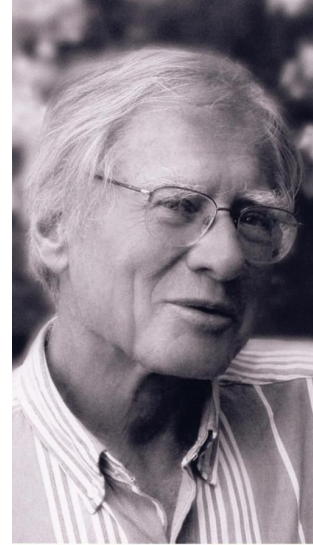
Curtiss Hoffman, Committee Chair

It was our unanimous decision to award the Quantitative Award to Cameron Sandell for her paper, "Intentionally awakening from sleep through lucid dreaming." Ms. Sandell, who is a high school senior working under the direction of Dr. Remington Mallett, was not able to attend the conference this year, but Dr. Mallett accepted the award on her behalf at the membership meeting. We did not award the Qualitative prize, and there were no submissions in the Diversity, Ethnicity, and Inclusion category.

We strongly encourage all members who have students working in the field of dreams to submit applications for this award. It is always a livelier process when we have multiple submissions to evaluate!

The deadline for submissions for next year's prizes is March 15, 2024.

Please see the guidelines on the IASD website for specific



Ernest Hartmann

1934-2013

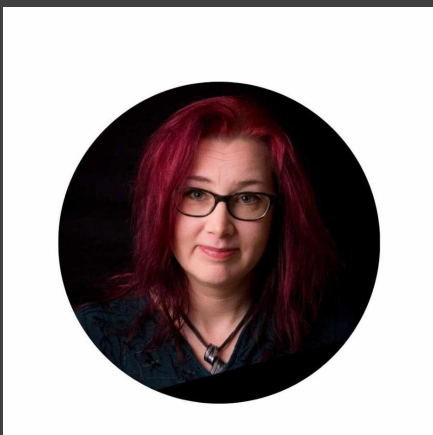
40th Anniversary Information for September



40th Anniversary Research Talk Series

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, spread over the year, free of charge, organized via Zoom, and recorded for later access.

If you have not registered for the series, and want to attend and be notified of Zoom links, click here https://us02web.zoom.us/meeting/register/tZwucuutqDwrEtHkMSCVUipR44gIOUgq_yWY#/registration



September 23, noon Eastern: Katja Valli Why Do We Dream?

Despite decades of research and theorizing, the function of dreaming remains unresolved. Is dreaming a non-functional reflection of the inner workings of the brain during sleep, or could dreaming subtly change our minds and behaviors so that we are better capable of dealing with the challenges of our waking lives?

Katja Valli, PhD is a professor of cognitive neuroscience at the University of Skövde, Sweden. She is a former president of IASD and has published over 70 peer-reviewed articles on dreaming and consciousness and edited, together with Robert J. Hoss, the reference work *Dreams: Understanding Biology, Psychology and Culture*, Vol 1(2019).

THE MUSICAL DREAM TAROT Dr. Curtiss Hoffman

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.

Key 9 – The Hermit

The Hermit, robed in grey, with his crown in the shape of the letter Yod, stands atop a mountain to guide pilgrims through the dark night with the light from his lantern. Key 9 is attributed to the Earth sign of Virgo, which is associated with the key of F major. The keynote for Virgo from *Esoteric Astrology* is “I am the Mother and the Child. I, God, I, matter am.” This Key is associated with the Hebrew letter Yod, the Hand, which in the Sefer Yetzirah is attributed to the Intelligence of Will, and with the quality of touch. In the body, it represents the intestines, where food is digested: the “house of bread” (Bethlehem). In Sefer Yetzirah, all of the letters of the Hebrew alphabet are said to be “crowned,” and the crown is the letter Yod itself, which is the Hermit’s crown. Its tip extends into the Infinite and its base is the Earth.



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

<https://www.asdreams.org/40th-anniversary-music-throughout-the-year/>

(Some website updates are delayed this month; please return later if September content has not yet been added.)

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 Student Research Awards Committee.

A SUMMARY OF THE RESULTS OF IASD'S 40th ANNIVERSARY PRECOGNITIVE DREAMING CONTEST

**Contest Organizers: Cynn timer Pearson, Robert Waggoner, Maureen Biro
and Sherry Puricelli**



We had more entries than ever for this contest, so we're announcing more champs than ever. Each of these dreamers will be emailed a certificate of appreciation, suitable for framing.

Our Precognitive Dream Champs:

Teresa de Castro's three dream series seems a classic example of a request being fulfilled, unbeknownst to the dreamer. At first, “something is thrown at me to help me . . . a sort of crossbow or archery bow.” In the second dream, “somebody is . . . helping me with a painting” and in the last, she tells a woman about the contest and that “I've dreamed about a crossbow and I don't know what it means.” We thought we knew what it means – she'd gone (painted) deer hunting!

Diane Hardy dreamed of “a clearing. . . surrounded by tall trees . . . that let in some dappled light.” She and another woman feed “branches on to a bonfire – about 5 feet wide and 4 feet tall.” We compared the bonfire to the sun at the center of the painting, how the colors of the painting resemble fire, and how the stags’ antlers resemble branches.

Jo Harthan submitted a compelling illustration of her dream in which she and her friend, Martin, “stop by a field of corn. The corn is very tall and there is a narrow path running through it. Martin gets out of the car and starts to feed rabbits that are gathering round.” Her graphic features a large central figure with several animals gathered together; tall foliage on either side; and a bright, central sunset behind it all.

Curt Hoffman dreamt twice of being at camp, when “one of the other campers finds a dead brown bear in the woods and reports this to his instructor.”

Kelly McGannon reported a dream of “a male lion in full mane is . . . lying on the ground with tall grass around him, golden hour of sunlight.” She also presciently picked up on a detail of the target selection – see below.**

Mike Porter dreamed of driving and hitting the brakes when he comes upon a figure in the road – a girl who disappears. But up ahead is “a dark form in the middle of the road, standing in profile.” Guessing it’s a bear or mountain lion, he’s lucid enough to know it can’t hurt him as he begins “walking toward it as it continues to stand still.”

Many participants dreamed of features of our target, especially **animals**, and often more than one. So a psychic pat on the back goes to Neil Kimmelfield, Alina Mansfield, Michelle Drerup, Cherry Blossom, Kelly McGannon, Diane Martori, Jason Dobrowner, Lorie Blue, Dylan St. Louis, Pat Precin, Sarah Wells and Lee Kravitz.

Despite the wide variety of animals – from dinosaurs to lions, a whale and a big black bird – not one dream report included a deer. Thus we were astonished to learn from Amy Rittenhouse that she had dreamt and illustrated two very close matches – last winter. Thus Amy wins the coveted “Right/Wrong Award” – right image, wrong times, but compellingly precognitive!

A number of dreamers reported **colors** that matched the target: Jennifer Wohl, Kimberly Mascaro, Elizabeth Harvey Abrams, Jeanette Lambert and Betsy Davids. And almost as many mentioned the **sun**, sunlight or a central image of a golden circle: Mary Kate Jordan, Kristen Diesness, Elizabeth Harvey Abrams, Christy Leis and Phoebe Evans. Several dreamers mentioned enormous or tall **trees**, including Alice Cunningham and Monique Séguin; and Alina mentioned the **time of year** (November). There were **structural** hits as well, featuring the V shape of the antlers that seem to hold the sun (Viktor Meyer, Toni Porrello) and dark figures looking out (Simona).

** Finally, an interesting side note: Kelly McGannon wrote after her dream reports, “I also felt that the person choosing the image waffled/hesitated between two pictures or second guessed the choice after chosen.” She was right – it was the latter. As Cynn timer does to select a target for any contest, she went to “random.org” on Sunday morning to get a random number between 1 and 241 – the current number of images in the pool of numbered target prospects. The number that came up was 1. She blinked and wondered if she was reading this wrong. She double checked the box on the screen – yes, it was 1. Then she even took a picture of it. (Needless to say, the first picture in the pool was the painting of the stags.) Although we may have missed some salient details, we think all you dreamers deserve a round of applause. And Happy 40th Birthday to IASD, the organization that makes our dream play possible!

A BOOK LAUNCH BENEFIT FOR IASD DIVERSITY

IASD’s Diversity Task Force Advisory Committee (DAC)
Angel Morgan, DAC Chair



The IASD Diversity Advisory Committee (DAC) warmly invites you to a book launch with DAC member Dr. Fanny Brewster, celebrating the release of her new book,

***Race and the Unconscious:
An Africanist Depth Psychology
Perspective on Dreaming***
Save the date: November 5, 2023
12pm Pacific Time on Zoom.us

How to get there? When you donate any amount to “IASD Diversity” as part of the Fall 2023 IASD Pledge Drive

<https://www.asdreams.org/donate/>
you will be contacted with the Zoom information prior to the book launch.

Thank you for supporting diversity, equity, and inclusion in dream studies and DAC programs!



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!



REGIONAL NEWS YOU CAN USE

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

The Regional Events Committee continues to support our Regional Reps as they look for ways to engage IASD members and dreamers in their local communities. If you would like to join our team or learn more about this role, contact Jeanne through [our regional representatives page](#) on the IASD website.

We are pleased to announce that, under the organizing leadership of Regional Representative Sophie Boudrias, **Québec IASD members held their 6th Regional IASD Symposium on August 12** and it was a great success! Fifty people gathered in Montreal to enjoy seven presentations with a rich diversity of themes: dreams in everyday life, in palliative care and in psychotherapy; the ethics of the dream; the dreamworld of sleepwalkers; lucid dreaming; and dream engineering. The presence of an artist and her paintings, the bookstore and the posters added great value to the event. The event brought a new community together and energized IASD members, with some looking forward to their next event already.



Regional Rep Spotlight

Jordi Borràs, a psychologist in Barcelona, is our Regional Rep in Spain and one of our Global Regional Reps. He teaches a Dream Integration Training for psychologists and psychotherapists which proposes an inclusive approach to working with dreams, sensitive to the different therapeutic schools and open to the contributions of the different philosophical and religious currents.

For more than 20 years has offered dream workshops and dream circles in Catalonia and online, spreading the benefits of attending to dreams. He organizes conferences and participates regularly in the media, where he talks about IASD at every chance he gets.

Two of Jordi's students have now organized an online dream event, "*Sueños e Inconsciente, 1ª cumbre virtual de habla hispana*" which will bring together more than 30 Spanish-speaking specialists in dreams and dreamwork, including several members of IASD. To learn about this event, go to hotm.art/hOBjkfSp



GRADUATE SCHOOL OFFERINGS

At IASD, we have been updating our Graduate Dream Studies program page listing to provide information that is current for interested graduate students. Please check out our updated page of [Graduate School Offerings](#). Here are some of the current programs:



Accredited University Dream Studies Certificate programs

Centre for Counseling and Psychotherapy Education (CCPE)

Dream Research Institute (DRI)
Dreamwork Certificate Courses
[Course and Program Information](#)

Sofia University

Institute of Transpersonal Psychology
Dream Studies Certificate Program
[Program and Admissions Information](#)

Accredited University Graduate Dream Studies courses

Goddard College

Goddard College's Department of Psychology and Counseling
Expressive Arts Therapy Concentration
Title of Course: Dreamwork in Expressive Arts Therapies
[Course and Program Information](#)

Pacifica Graduate Institute

M.A./Ph.D. Program in Depth Psychology with Specialization in Jungian and Archetypal Studies
Title of Course: Dreamwork: Tending the Living Images
[Course and Program Information](#)

Institutes that are registered to offer CEs for Dream Studies

Embodied Experiential Dreamwork Certification Program

Certification Course
[Website](#)

Dream Institute of Berkeley

[Program and Admissions Information](#)

Institute for Dream Studies (IDS)

Dream Certification Program
[Program and Admissions Information](#)

Dream Tending & Deep Imagination Certificate Programs

Certificates I, II & III Programs; Mentors of the Academy
[Program and Admissions Information](#)



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 [IASD Dream Courses](#)

MEMBERS IN THE MEDIA

STUDENTS NEEDED FOR RESEARCH ON NIGHTMARES AT THE UNIVERSITY OF MISSOURI

Dr. Westley Youngren is currently recruiting students who are interested in a PhD in Clinical Psychology to come join him at the University of Missouri - Kansas City. Dr. Youngren's research focuses on the intersection of sleep and trauma (specifically trauma-related nightmares), how nightmares and sleep impact suicide, and how dream research can be used to improve upon trauma informed care. If interested in more information, please contact Dr. Youngren directly at YoungrenWA@gmail.com.



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

WHAT IT REALLY MEANS WHEN YOU DREAM ABOUT THE PAST, BY DAVID ADETAYO

Dreaming about your past isn't strange, as we all have the subconscious desire to reflect on our past, reliving the good times, and soaking up the nostalgia, per Dream Astro Meanings. Dreams about your past can be one way your subconscious is reminding you of something similar to an event you've encountered before, per Dream Stop. It could also be a warning of sorts against an impending déjà vu moment.

SOURCE: THE LIST

<https://www.thelist.com/716883/what-it-really-means-when-you-dream-about-the-past/>

WHY WE DREAM ABOUT PAST LOVES, BY LINDSAY GOLDWERT

If you've slept, perchance you have dreamed about an ex and woken up wondering, "What was that all about?" The good news for chronic analyzers: An intense dream about a person you cared about months or even decades ago doesn't mean you're secretly pining for them. Deirdre Barrett, a dream researcher at Harvard University and the author of "Pandemic Dreams" and "The Committee of Sleep," who has a PhD in clinical psychology, said that a number of factors can spark a dream about an ex-partner.

SOURCE: THE NEW YORK TIMES

<https://www.nytimes.com/2022/02/23/style/dreams-about-an-ex-love.html>

IASD AUGUST 2023 Membership

*Misa Tsuruta, Membership
Committee*

**Total New and Renewing
Members = 52**

New Members = 11

Anne Wild-Rocheleau
Cameron L. Cordova
Ilona Sturm
Cynthia Poorbaugh
Jack Zou
Aleksandra Rechtman
Jennifer Thomas

DREAM TOONS WITH DELIA

ARE YOU TIRED OF THE SAME OLD
BORING REALITY CHECKS??

NEED TO UP YOUR LUCIDITY GAME?



THEN TRY THESE NEW IMPROVED
RADICAL REALITY CHECKS!!!

PART 2 OF A SERIES!

Renee Sanguinetti
Swiadoma Nawigacja
Jason Dobrowner
Bronwyn von Niessen

Renewing Members = 41

Paseman Membership
Sparrow Membership
Boyd Biro Membership
Ribbens Membership
Shanee Stepakoff
Bambi Corso-Steinmeyer
Ted Esser
Rita H. Hildebrandt
Rachel Jean Silvini
Alwin E. Wagener
Daniel Oldis
Kelly Sullivan Walden
Sheila M. Benjamin
Pernille Albertus
Pat Precin
Kristoffer Appel
Julie Nauman-Mikulski
John E. Ettl
Howard Avruhm Addison
Sarah E. Hall
Linda L. Atwood
Anne Emanuela Tangolo
Jo J. Harthan
Ira Barouch
Kloey A. Kelton
Kirsten Backstrom
Drømmecirkler
Jeanne Van Bronkhorst
Peter M. Maich
Anne E. Kaiser
Patricia Eltinge
Clare Johnson
Govind Prasad Agarwal
Anonymous = 3

IMPROVES CHANCES OF **LUCIDITY**
BY **ELEVENTY ZILLION PERCENT***

*SOURCE: WILD GUESS

DO YOU REALITY CHECK BY
FLIPPING LIGHT SWITCHES
ON + OFF?



TRY IT AT WORK OR
IN PUBLIC INSTEAD!



IF THEY START YELLING
AND SCREAMING,
YOU'RE PROBABLY NOT DREAMING

A small, stylized handwritten signature in the bottom right corner of the comic panel.

