

RYAN D. HURD

Twitter: @archaeodreamer

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PROFESSIONAL PROFILE

- Lecturing independently at the undergraduate level since 2009
- Teaching and designing curriculum online for continuing education since 2014
- Active in academic research, publication and presentation
- Author of several books on dreaming, nightmares, and states of consciousness
- Founder of popular dream and consciousness research website *DreamStudies.org*

EDUCATION

- 2008, M.A. Consciousness Studies, John F. Kennedy University, Pleasant Hill, CA.
- 2007, Certificate of Dream Studies, John F. Kennedy University, Pleasant Hill, CA.
- 1998, B.A. Anthropology, University of Georgia, Athens, GA.

TEACHING EXPERIENCE

2016

- (Independent, Online) *Lucid Ignition: A 4 week course on lucid dreaming*. DreamStudies Education. Winter and Spring 2016.
- (Continuing Ed, Online) *Exceptional dreaming: Dreams and ESP*. Rhine Education Center at the Rhine Research Institute. Spring 2016.

2015

- (Independent, Online) *Lucid ignition: A 4 week course on lucid dreaming*. DreamStudies Education. Winter and Spring 2016.
- (Continuing Ed, Online) *Dreams and Altered States of Consciousness*, co-teacher Lloyd Auerbach. Rhine Education Center at the Rhine Research Institute. Summer 2015.

2014

- (Undergraduate) *Introduction to Sleep and Dreams*. Invited lecture at Bryn Athyn College, PA for Sarah Wong's course Introduction to Psychology. March 28, 2014.

2013

- (Undergraduate) *Introduction to Sleep and Dreams*. Invited lecture at Bryn Athyn College, PA for Sarah Wong's course Introduction to Psychology. September 26, 2013.

2012

- (Undergraduate) *Borderlands of Consciousness*. Invited lecture at Stanford University, CA for William Dement's course Sleep and Dreams. April 27, 2012.

2011

- (Undergraduate) *The Peril and Promise of Sleep Paralysis*. Invited lecture at Stanford University, CA for William Dement's course Sleep and Dreams. January 31.

2009

- (Undergraduate) *The History of Lucid Dreaming*. Invited lecture at University of California at Berkeley for Eleanor Rosch's course Psychology of Dreams. November 9.

2007

- Graduate Teaching Assistant for Kim Johnson's course *Ancestors and Dreams*, John F. Kennedy University. Spring 2007.

2006

- Graduate Teaching Assistant for Kim Johnson's course *Indigenous Ways of Knowing*, John F. Kennedy University. Fall 2006.

ACADEMIC PRESENTATIONS

- (2015, June) *Survey for ascertaining the subjective differences between lucid dreams preceded by the ingestion of galantamine and those which are not* (Poster presentation with G. Scott Sparrow). Annual conference of the International Association for the Study of Dreams, Virginia Beach, VA.
- (2015, June) *Chthonic zones and meditative highs: Reframing lucidity within transpersonal anthropology*. Annual conference of the International Association for the Study of Dreams, Virginia Beach, VA.
- (2013, May) *It's daemonic! Reclaiming access to the daemon-muse in sleep paralysis visions and lucid dreams*. Presentation at regional conference of the International Association for the Study of Dreams, Weston, MA.
- (2013, March) *Waking up to the causes and effects of sleep deprivation*. TEDMED, Online: Tedmed.com.

- (2012, June) *Lucid immersion: Establishing a lucid sanctuary in everyday life*. Annual Conference for the International Association for the Study of Dreams, Berkeley, CA.
- (2012, June) *The quantified dreamer*. Annual conference of the International Association for the Study of Dreams, Berkeley, CA,
- (2010, June) *How to win fiends and influence demons: Sleep paralysis as a portal to extraordinary dreaming*. Annual conference of the International Association for the Study of Dreams, Asheville, NC.
- (2009, June) *Lucid nightmares: The dark side of self-awareness in dreams*. Annual conference of the International Association for the Study of Dreams, Chicago, IL.
- (2008, March) *Nature observation as a field technique: The relevancy of the ecological self for anthropologists*. Annual Proceedings for the Society of the Anthropology of Consciousness, Yale University.
- (2008, July) *Lucid dreaming: Participating in our inner-wilderness*. Annual conference for the International Association for the Study of Dreams, Montreal, Canada.
- (2007, April) *Rock art and dreams: Explorations into process-oriented archaeology on Ometepe Island, Nicaragua*. Annual proceedings of the Anthropology of Consciousness, San Diego, CA.
- (2006, June) *Dreaming of rock art on Ometepe Island, Nicaragua*. International Study of Dreams Conference, Bridgewater, MA.
- (2006, June) *Lucid dream evolutions*. Annual conference of the International Study of Dreams, Bridgewater, MA.
- (2004, October) *The Culture of lucid dreaming*. Panel on “Lucid Dreaming” chaired by Stanley Krippner. IASD Regional Conference, Pleasant Hill, CA.

PUBLICATIONS

Peer Reviewed

- Hurd, R., Sparrow, G.S., Carlson, R. (2016). Assessing the perceived differences in post-Galantamine lucid dreams vs. non-Galantamine lucid dreams,” *International Journal of Dream Research*, 9(1): 71-74.
- Hurd, R. (2010). Integral archaeology: Process methodologies for exploring prehistoric rock art on Ometepe Island, Nicaragua. *Journal for the Anthropology of Consciousness*, March 22(1): 72-94.

Books

- Hurd, R. and K. Bulkeley, Eds. (2014) *Lucid dreaming: New perspectives on consciousness in sleep*. Santa Barbara: Praeger.

- Hurd, R. (2011). *Sleep paralysis: A guide to hypnagogic visions and visitors of the night*. San Mateo: Hyena Press.

eBooks

- (2015) *Big Dreams: Psi, lucid dreaming and borderlands of consciousness*. Philadelphia: Dream Studies Press.
- (2014). *Dream like a Boss: Sleep better, dream more, and wake up to what matters most*. Philadelphia: Dream Studies Press.
- (2012). *Lucid immersion guidebook: A holistic guidebook for lucid dreaming*. Philadelphia: Dream Studies Press.

Book Chapters

- (in press) “Weirdness in the night: Terror and disorders in children’s sleep.” In Clare Johnson and Jean Campbell (Eds), *Sleep monsters and superheroes: Empowering children through creative dreamplay*. Santa Barbara: Praeger.
- (2016) “Towards an evolutionary psychology of out-of-body experiences.” In Alexander De Foe (Ed), *Consciousness beyond the body: Evidence and reflections* (pp. 62-69). Melbourne: Melbourne Center for Exceptional Human Potential.
- (2016) “Barometers of the anomalous? Dreams and transpersonal archaeology.” In Mark Schroll (Ed), *Transpersonal ecosophy, Volume 1: Theories, methods and clinical assessments* (pp. 441-448). Llanrhaeadr-ym-Mochnant, U.K.: Psychoid Books.
- (2015) “Out-of-body experiences,” “Paranormal dreams” and “Doppelganger.” Matt Cardin (Ed), *Ghosts, spirits and psychics: The paranormal from alchemy to zombies*. Santa Barbara: ABC-CLIO.
- (2012) “Sleep paralysis visions: Demons, succubi, and the archetypal mind.” In Daniel Pinchbeck and Ken Jordan (Eds), *Exploring the edge realms of consciousness: Liminal zones, psychic science, and the hidden dimensions of the mind* (pp. 185-194). New York: Evolver Editions.
- (2012). “Isolated sleep paralysis,” “Lucid nightmares,” and “Incubus and succubus.” Entries in Deirdre Barrett and Patrick McNamara (Eds), *Encyclopedia of sleep and dreams: The evolution, function, nature, and mysteries of slumber*. Santa Barbara: Greenwood.
- (2010). Dreaming with the stones: The rock art of Ometepe Island. In C. Chalquist (Ed.), *Rebearths: Conversations with a world ensouled* (pp. 249-264). Walnut Creek, CA: World Soul Books.

AFFILIATIONS

- International Association for the Study of Dreams
- American Anthropological Association
- Society for the Anthropology of Consciousness