

## Officine Oniriche (*Dream Laboratory*)

Project by Gianluca Trusso Forgia

Associazione Culturale Dello Scompiglio

Tenuta Dello Scompiglio – Vorno, Capannori (Lucca) Italy

25<sup>th</sup> April - 1<sup>st</sup> May 2024 – Tenuta Dello Scompiglio, Vorno (LU) Italy

open call deadline: 25<sup>th</sup> March 2024

**Art. 1** The Associazione Culturale Dello Scompiglio is pleased to announce an open call to participate in the workshop, Dream Laboratory, led by Gianluca Trusso Forgia, which will be a residential retreat, focused on experiencing a deeper connection between the individual, their biological rhythms, and the dream imaginary.

The project was born during the development of the “Il giardino segreto” (“The Secret Garden”) residency.

During this period at Dello Scompiglio, Gianluca Trusso Forgia investigated the possible interconnections between the different biorhythms present in the local ecosystem, starting from the concept of the mycorrhizal network, the term coined by Albert Bernard Frank to describe the relationship between fungi and the roots of plants (90% in the world), which offers them the possibility of creating a real underground communication network.

From this concept, several questions arose: do we also possess an “underground” channel with which we communicate collectively? Are we also affected by this network? Is it possible to compare this interconnection with the concept of anima mundi, pursued by Jung and Hillman?

To investigate these questions, we began a collaboration with some neurology scientists from the IMT in Lucca, specialised in the study of the sleep phase and the dream dimension.

This experience allowed us to understand more deeply the complexity and the particularity of the dream phase and the challenges that scientists face in trying to study dreams such as the paradoxical effect, or the phenomenon whereby the memory of the dream can be influenced by the data collecting situation.

In response to this challenge, we decided to bring our research to the Tenuta Dello Scompiglio, a place far from urban routine, to investigate the dream phenomenon in a more natural and less invasive context. The intent is to recognise and enhance the importance and richness of this dimension, so closely linked to our daily lives and yet so little understood.

We want to offer participants the opportunity to allow themselves a break from their daily lives in a protected environment conducive to achieving a state of “well-being”.

During this period of time, the candidates will follow a path of daily sharing, made up of collective and individual practices which will facilitate self-awareness of their dream dimension.

The body, the principal instrument for absorbing and interpreting the surrounding environment, is constrained by excessive exploitation during the waking state and by inadequate attention to its resting state. Therefore, to acquire optimal awareness of our dream dimension, it is essential to start taking care of ourselves, abandoning productive activities and concentrating on listening.

The participants will have the opportunity to explore the Tenuta Dello Scompiglio and participate in its cultural programme during entire duration of the retreat. This experience could offer a stimulating and diversified context, conducive to the deepening of their creative and research practices.

The open call is aimed at artists, performers, poets, writers, curators, musicians and researchers who have the interest and urgency to investigate sleep as an active practice of personal research in different dimensions.

**Art. 2** The retreat will last seven days and six nights, from 25th April to 1st May 2024 at the Tenuta Dello Scompiglio, Vorno - Capannori (Lucca)

### Requirements

The participation requirements are:

- a willingness to share a room with two beds for the duration of the stay
- be in a physical condition that does not compromise your own rest or that of others in an environment shared with other people, e.g. sleepwalking, snoring and sleep apnoea
- a willingness to take naturopathic products such as: Valerian, Melatonin, Lime Flower, Passiflora, African Dream Root, Heimia Salicifolia, Calea Zacatechichi
- a willingness to follow a vegetarian diet for the entire duration of the retreat, and to avoid using cosmetics and personal hygiene products which are not organic in nature
- a willingness to avoid communication of any kind with the external environment except for urgent reasons or a particular situation. You will be required to hand over your devices such as laptops and mobile phones at the start of the experience, and they will be returned to you at the end of the experience

### Conditions of hospitality

Participation is free and there is no registration fee.

Participants are offered room and board at the Tenuta Dello Scompiglio for the duration of the retreat.

Since the Tenuta is a place dedicated the respect for nature, an attitude of maximum care for the surrounding environment and its inhabitants is required.

To participate please send the following documentation:

- Curriculum Vitae
- Motivational Letter
- The attached Application form, completed. This forms an integral part of these regulations

Any interested persons can send their application, the original of which must be signed in every part, by email and in a single pdf file (maximum 6 MB) to: [elisa@delloscompiglio.org](mailto:elisa@delloscompiglio.org)

Applications for participation must be received by the Associazione Culturale Dello Scompiglio by 12 noon on 25th March 2024.

The Artistic Direction of the Associazione Culturale Dello Scompiglio and the curator of the project will decide on the selection of participants on the basis of their incontestable assessments and will announce their decision to all interested parties by publication through the website and by e-mail.

**Associazione Culturale Dello Scompiglio**  
direttrice artistica Cecilia Bertoni

Segreteria organizzativa  
Elisa Di Meo  
+39 0583 971475  
[info.ac@delloscompiglio.org](mailto:info.ac@delloscompiglio.org)

**Tenuta Dello Scompiglio**  
Via di Vorno, 67  
55012 Vorno, Capannori (LU)

[delloscompiglio.org](http://delloscompiglio.org)