MJ MCCARTHY:

Hello. My name is Michael John McCarthy, and you are very welcome to *The Dream Frequencies*.

[**♫** Gentle, dreamlike electronic music throughout the following]

In February 2021, I invited a number of writers and storytellers to speak to me about their history of dreaming. I asked them to share with me their experiences of recurring dreams. In particular, I was curious to learn if the nature of their dreaming had changed over the course of the past year. If the influence of the pandemic, and its attendant lockdowns and isolation had made its presence felt in the content of their dreams.

The following three episodes are comprised of excerpts from these interviews. Together, they provide an opportunity for the listener to tune in to the dreams of the interviewees, and to share in a journey that begins in the final moments before sleep, continues through deep sleep and dreaming, and culminates in the first moments of waking the following morning.

To better immerse yourself in *The Dream Frequencies*, I would encourage you to listen using headphones, if possible, and to close your eyes for the duration of each episode, if that feels like a safe and comfortable thing to do.

Thank you for listening.

[***♫*** The music builds, then fades away]

This series is part of Creative Community: Irish Theatre in Scotland – a Traverse Theatre partnership with the Consulate General of Ireland, Edinburgh. The Traverse is a registered Scottish Charity, number SC002368, and is funded by Creative Scotland and the City of Edinburgh Council, with additional support from the Scottish Government Performing Arts Venue Relief Fund.