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Koi Fish in Storm
Personal Work



Viewed Through a Lens

Editorial

Breathe Magazine (#44), AD: Jonathan Grogan



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The Disability Collab Podcast

Podcast Cover and Branding

The Disability Collab. Commissioner: Isabelle Jani-Friend



The Graveyard Book

YA Fiction Cover and Text

Portfolio Development, AD: Tina Doffing



Rosa Parks

Historical Non Fiction Cover

Portfolio Development, AD: Tina Doffing



Mary Anning on the Jurassic Coast

Historical Non Fiction

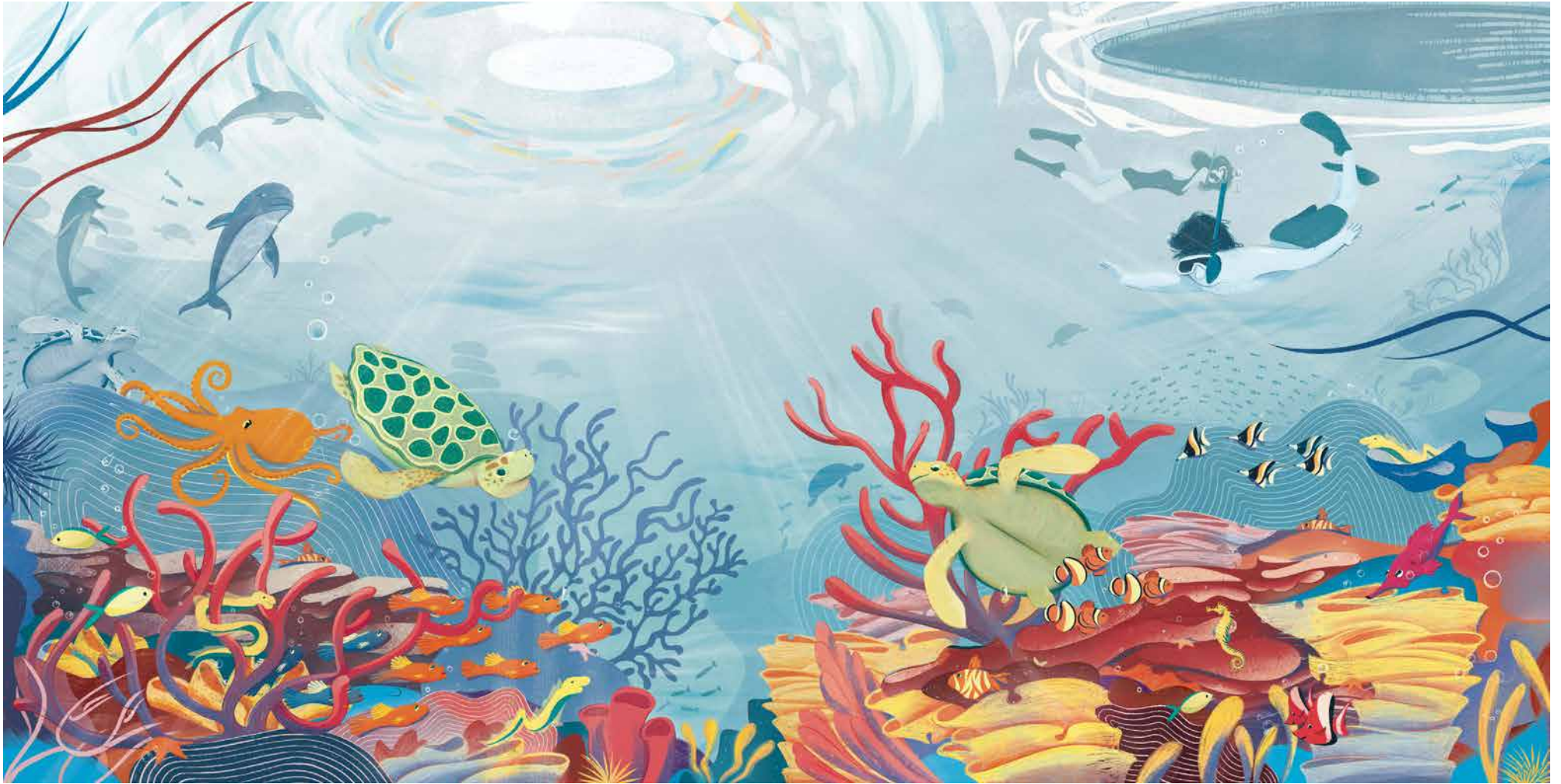
Portfolio Development, AD: Rosie Barlow & Imogen Holmes



To Be Confirmed

Editorial

Teen Breathe (#31), AD: Jonathan Grogan



Coral Reef

Nature Non Fiction

Portfolio Development, AD: Tina Doffing



Deforestation

Nature Non Fiction

Portfolio Development, AD: Lilli Tollefson



Be here now

What does it mean to truly live in the moment? Welcoming change and letting go of attachment to the past or future could open up a world of possibilities

By the time you've finished reading this sentence, that moment of your life when you did so has already passed. Words spoken and experiences all become history as soon as they're over. For some people, this reminder of the fleeting nature of life can be a cause for anxiety, the feeling that time is slipping away like grains of sand falling through an hourglass.

But if you turn this around, being aware of the impermanence of life can be a powerful tool. It can help you begin each day afresh, let go of ingrained fears and revitalise relationships. It means you don't have to be wedded to old decisions or feelings. And at the heart of accepting and embracing change is learning to focus on who you are, at this moment, on this day.

The idea of impermanence forms a cornerstone of many Buddhist teachings, with the belief that everything in life is impermanent; nothing lasts or stays the same. Trying to grasp or hold on to the way things were – or even the way things are today – will only bring suffering, because everything will inevitably change. Impermanence is an essential and inescapable fact of life. Tides change, seasons change, times change, and people change. The way you are feeling in this moment, as you read this article, is different from the way you were feeling an hour ago; and the way you will feel in an hour's time will be different again. Buddhists believe that welcoming impermanence opens you up to the possibility of happiness in the present moment, and that there is always beauty to be seen and felt in life.

You have the power
You don't need to follow a spiritual path to benefit from opening yourself up to the opportunities change can bring. Practical life coach Kate Tilston, from South Devon, teaches her clients to think pragmatically about who they are today and what they can affect now, to move forward. 'Each day you have the power to have a different day, if you are open to it,' says Kate. 'You can't

affect what happened yesterday but you do have the tools for today.' She believes choosing 'to carry yesterday around with you... can become quite toxic. Some people come to me saying they're terrified of change, but what they're actually frightened of is the possibilities [change] offers and whether they'll be able to cope with them.'

Focusing on impermanence can have a positive effect on relationships. Think about how different you might feel today than you did yesterday, last week, month, or even a decade ago. The 'you' of today has been shaped by your moods and experiences. So, it's only fair to accept that the people around you could be subject to the same changes and developments in their moods and opinions too. Following that train of thought, if you had a disagreement with somebody yesterday, you can remind yourself that both of the people involved in that exchange are already in another place. The 'you' of today is different as will be the person with whom you disagreed. It can be a powerful lesson in wiping the slate clean.

Kate explains: 'Grudges can happen when we hang on to stuff. It's worth remembering it's okay to change and there's great freedom in deciding that a behaviour no longer suits you.' She points out that impermanence can also mean showing kindness and empathy toward others, and allowing them to move forward too. 'If you need to have a cross word with someone, there may be events you don't know about that are influencing their behaviour. Perhaps they'd just had a phone call with bad news, or reversed their car into a post and are worrying how to pay for it. It's not an excuse for others behaving badly but it can help you to accept people in the moment, then move on and start afresh in the next moment.'

Starting over
As well as being able to change mindset, the human body itself is always changing. Individual cells are in constant flux, growing and dying off. Scientists have estimated the human

Be Here Now

Editorial

Breathe Magazine (#40), AD: Jonathan Grogan



Enchanted sleep

How to use lucid dreaming to boost well-being and inspire creativity

There are fewer things in life more grounding than unfurling from a night's slumber with a sense of inspiration and hope in your belly. Dreams have fascinated humankind for centuries, yet perhaps the most enchanting sleep state is the one between unconscious and waking reality—the lucid dream, when you're aware you're dreaming and can influence what's happening.

Many have successfully used lucid dreaming as a way to heal past experiences, inspire creative projects, and explore their unconscious mind. So much so, that the technique is becoming recognized as an important tool to support general wellness, and is being used by psychotherapists and hypnotherapists to help clients living with anxiety, trauma, and phobias. In 2013, a neurobiological study from Brazil concluded that lucid dreaming might have the potential to be used as therapy for post-traumatic stress disorder and nightmares. This has been supported by various other studies, which have also confirmed that the technique is effective in reducing nightmare frequency.

Although the term was first coined in 1913 by Dutch writer and psychiatrist Frederik van Eeden, lucid dreaming has been practiced for centuries by many different cultures and traditions. The global scientific community only started to recognize the practice after significant studies from Harvard and Stanford in the 1970s. A 2011 study of almost 1,000 German adults estimated that about half had

experienced one or more lucid dreams in their lifetime and around a quarter of the population had them at least once a month. But don't despair—if you haven't experienced lucid dreams, or perhaps you'd like to encourage more, there are some ways to help induce them.

Mindfulness of dream and sleep

Developed by mindfulness teachers and dreamwork experts Rob Nain and Charlie Morley, the mindfulness of dream and sleep approach teaches people how to harness the potential of different sleep states. The first, hypnagogic state, is the moment just before sleep, which often includes sensations of floating, falling, or spinning. There is also the hypnopompic, the broad and refined state experienced when surfacing from sleep.

It's possible to use mindfulness within these states, which can be likened to a hypnotic state, to encourage change and find inspiration. And if you can have some awareness while dreaming, and become fully lucid, you're in a powerful place to affect events within a lucid dream.

Powerful agents of change

Our unconscious mind contains a wealth of wisdom but its potential is rarely accessed in the waking state. Once lucid, you gain access to a library of insight that resides in your dreaming mind. During lucid dreams, neural pathways

in the brain can be bolstered or created. The thing is, our waking experience and our lucid dreaming experiences. So, for our brain, dreaming lucidly about something is akin to actually doing it.

Author and teacher of lucid dreaming and shadow integration Charlie Morley explains why awareness when dreaming is a powerful way to affect change. In his book *Lucid Dreaming: A Beginner's Guide to Becoming Conscious in Your Dreams*, he says: "During lucid dreams, neural pathways in the brain can be strengthened and created, just as they can while we're awake. This means that dreamers who consciously engage in certain practices within their lucid dreams, such as sports, acts of kindness, or engaging with courage, are creating and strengthening the pathways associated with those practices, making them easier to do in the waking state."

Personal growth

Lucid dreaming can also be likened to suggestion hypnotherapy, but the difference is you're the one making the suggestions directly to your unconscious mind. So using it to change a pattern, habit, or behavior is akin to a form of self-hypnosis. One school of thought believes that anything you do in a lucid dream is up to seven times more powerful than if it were done in the waking state. This

is because neural pathways are laid down and your brain switches to gamma wave frequency, which offers the state of "feeling blessed," something often felt by experienced meditators such as monks and nuns.

In fact, lucid dreaming therapy, as it's known clinically, can be used for a range of issues. A 2012 online study of more than 300 lucid dreamers, authored by researchers Melanie Schädlich and Daniel Erlacher, found that 28 percent produced new and creative ideas and insights—composing musical pieces, painting murals, or designing structures—while lucid dreaming. It's like engaging with a built-in virtual-reality simulator: Some would rehearse musical pieces, while others would practice martial art forms. Many participants engaged with their lucid dreams to help with personal issues or spiritual growth.

Possibly the most liberating thing about lucid dreaming is you can choose to explore your inner world on your terms, in your own time and when you need it most. It can take time and practice, but once lucid, you're in the driving seat and can decide what it is you need. It might be that you want to solve problems at work, find inspiration for a project, practice a skill, explore a new career path, or simply to fly above the warm beaches during the winter months. It's your world.

Enchanted Dreams

Editorial

Breathe Magazine (Special Edition), AD: Jonathan Grogan



STRANGE NEW WORLDS

The fiction that invites you to explore the rights and wrongs of complex subjects from the safety of the sofa

Ever wondered what it would be like to be someone else? Books are one of the easiest — and one of the most inexpensive — forms of escapism. Make a trip to your local library and you can lose yourself in a fantasy world far away from your own.

That's the appeal of dystopia, a fictional depiction of a society with suffering or injustice. Struggling to think of a dystopian book? Well, you might have read the *Divergent* trilogy, by author Veronica Roth, which, at 10 years old, has really stood the test of time among dystopian fiction fans. Or perhaps you've seen Jennifer Lawrence compete in the *Hunger Games* as Katniss Everdeen on the big screen.

It's not all doom and gloom, though. Sometimes, a dystopian book can be set in the near future and show a seemingly perfect world.

Maybe you spend the first few chapters feeling green with envy, wishing that you lived in this utopia, or apparently ideal society. But as the story progresses, you start to realize that things are only perfect for some citizens.

Such a place might strike you as unjust. Sometimes, the hero is set out on a path they didn't choose for themselves.

The *Neptune Project*, another popular trilogy by Polly Holyoke, poses the question: how far should we go to save the Earth? And then answers it by way of a fun and thrilling adventure.

But the series could also leave you feeling a little troubled. The *Neptune Project*'s main character, Nere Hanson, learns that her society is suffering from famines and wars and that she was created with one purpose in mind. Her lungs and eyes were modified so she could live underwater. Nere didn't choose this for herself, however, which raises another question: is what has happened to her morally OK?

The *Neptune Project* asks thought-provoking questions about individuality and power, which are just two of the themes you might find being explored in dystopian fiction.

Here are a few more:

- Science
- Politics
- Family
- Relationships
- Rebellion

Strange New Worlds

Editorial

Teen Breathe Magazine (#29), AD: Jonathan Grogan



Discovering Mythology
Publishing Portfolio
AD: Lilli Tollefson



Cemetery Junction
Historical Narrative
Personal Project

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