Welcome to my portfolio

Hannah Davies





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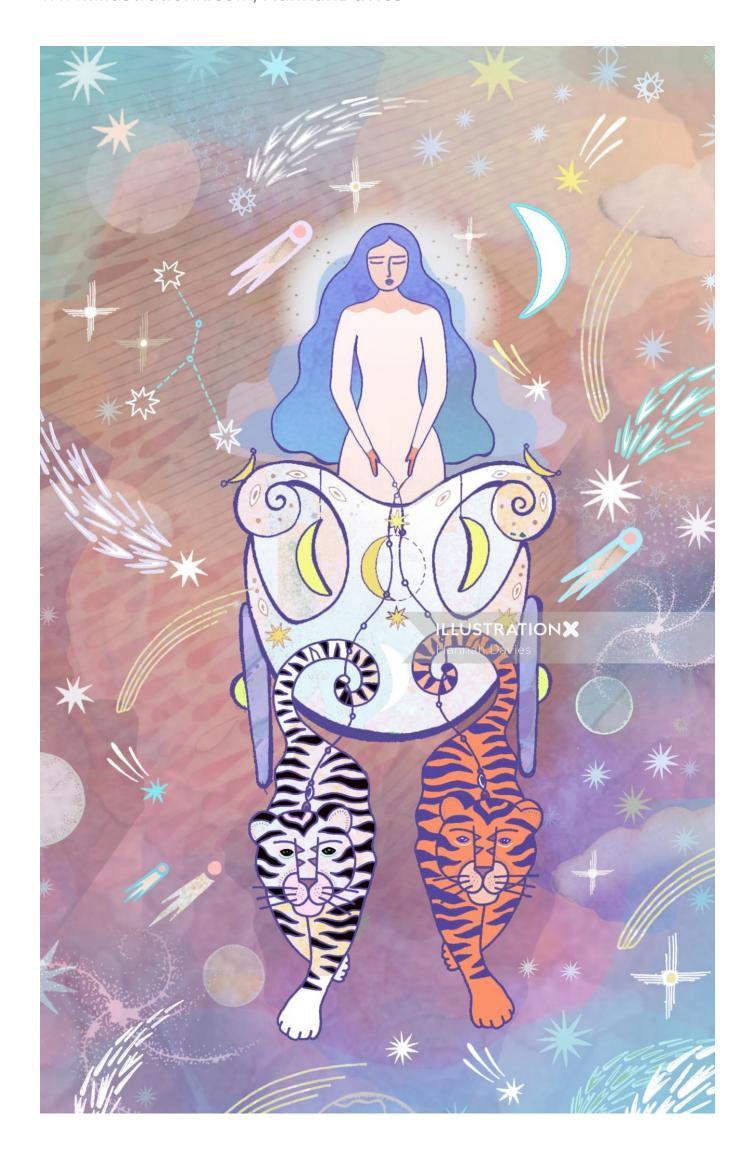




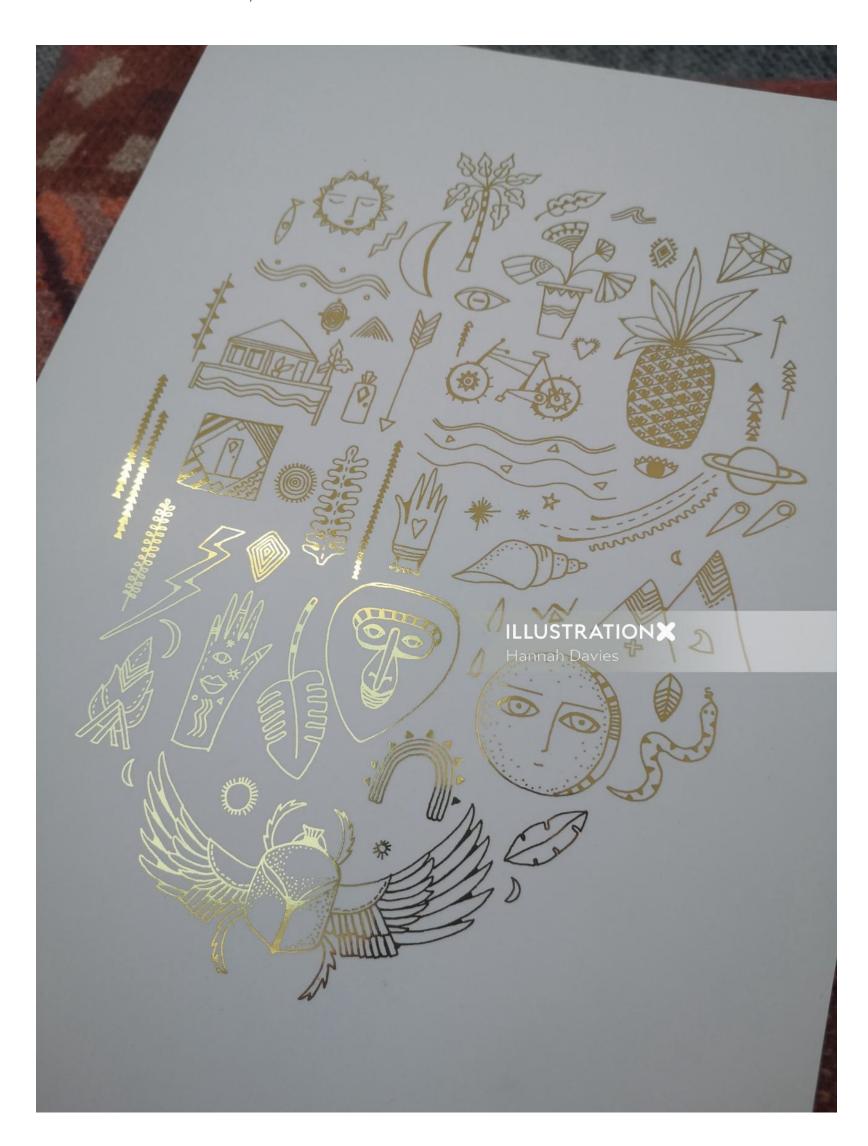










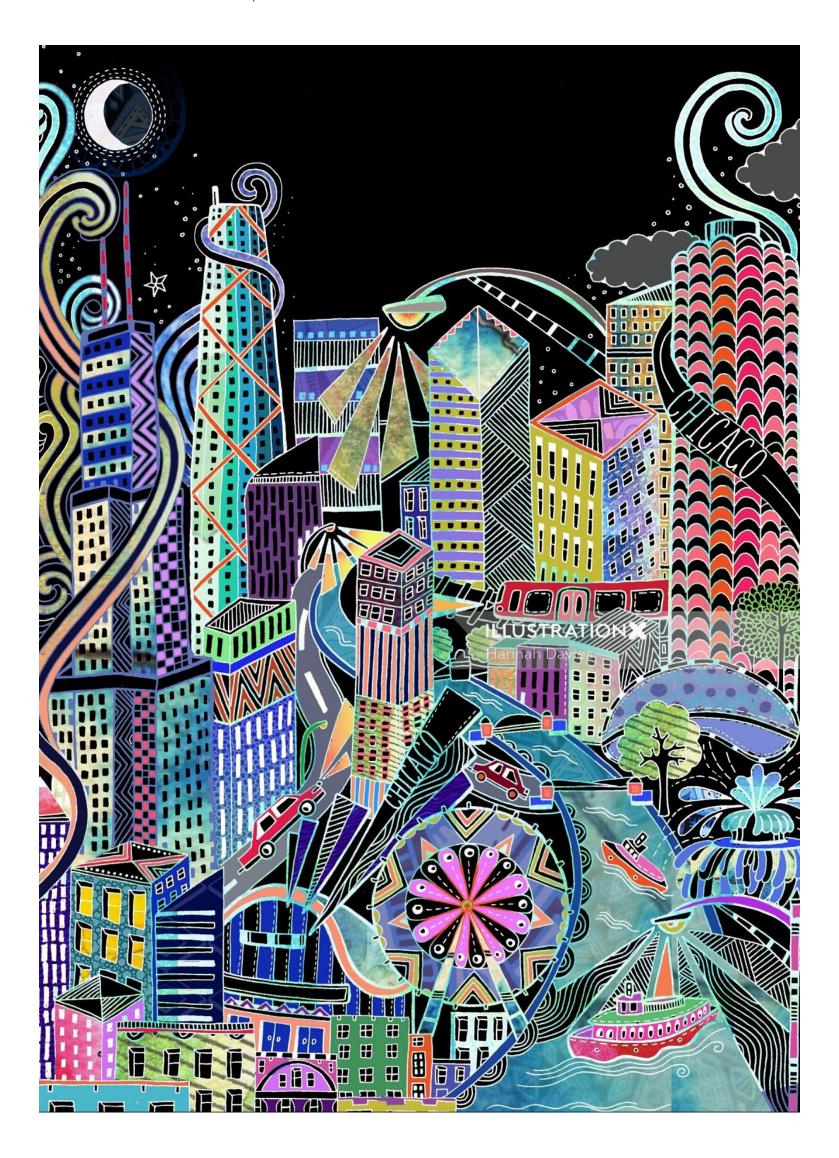




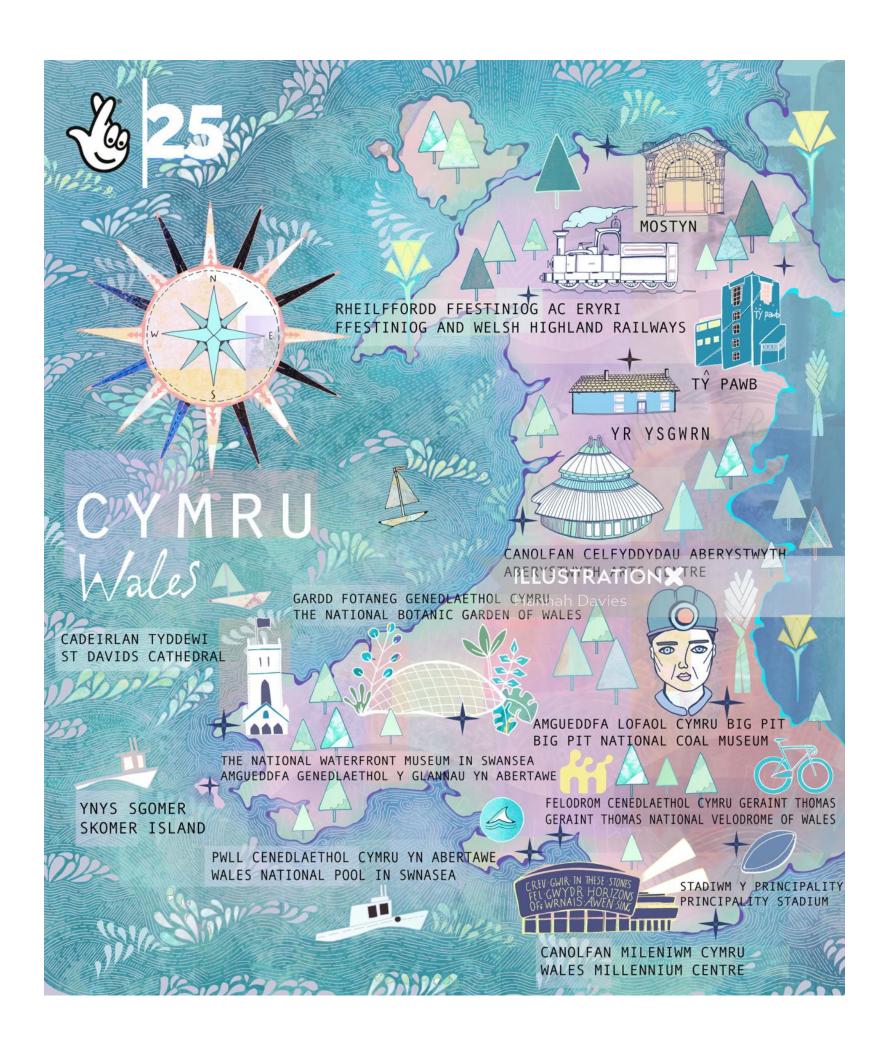




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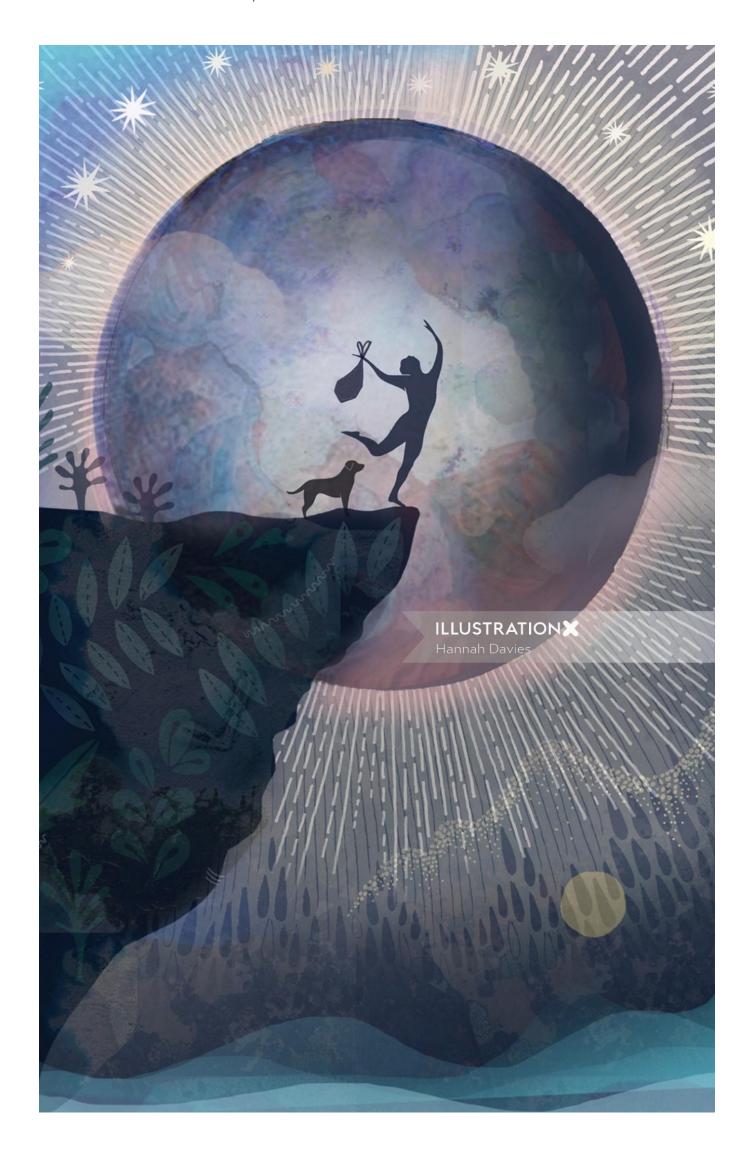




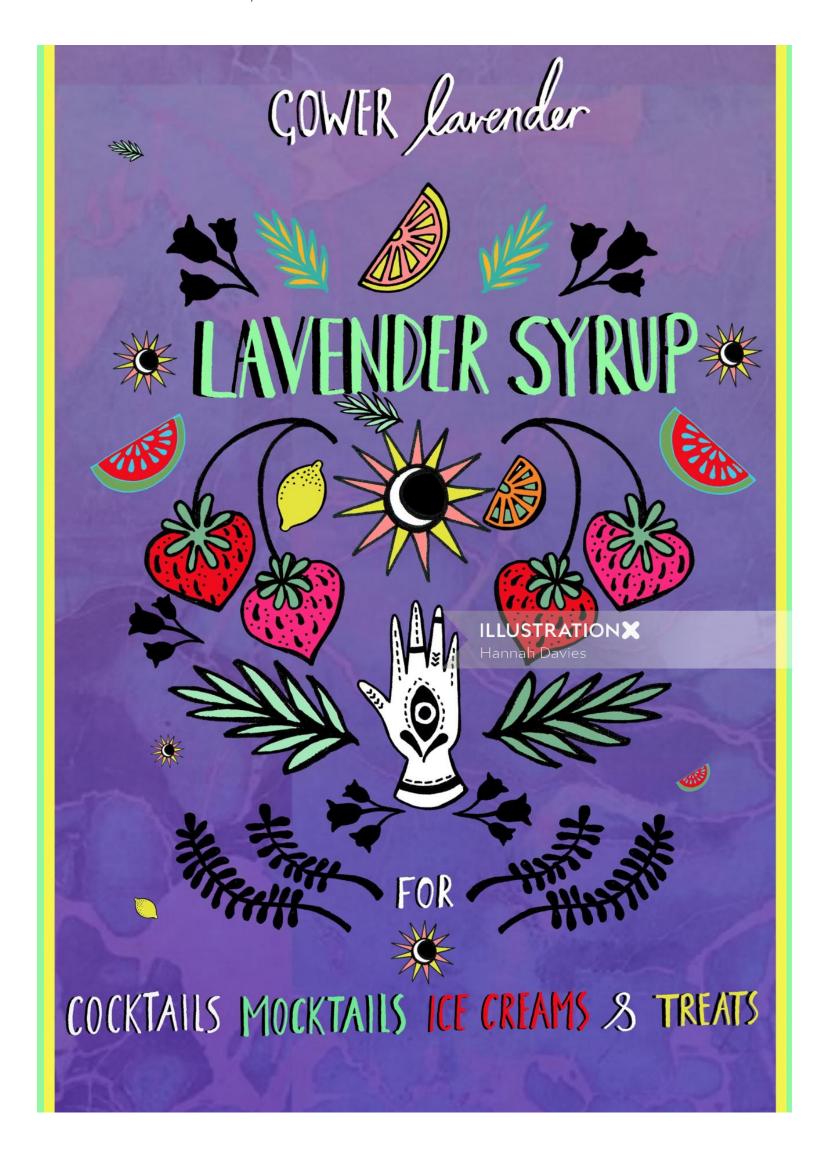














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WEEKENDING

2 SEPTEMBER 2021 2 SEPTEMBER 2021

45

Wellbeing

The power of dreams

Athena Laz says they can help us tackle issues in our everyday lives. She lets Jane Garton in on the ways

With down dream? How do dream relate to life? Why do some of us dream more some district with the life. Why do some of us dream more some questions clottch bring to counselfing psychologist and dream seather Atheria Lar. "My dream shave abrops shep does may be received creative solutions and insights from them in no life." Althous explain. "This why, after I qualified as a psychologist in my wearter and my lower freams deepened. I decided to become a dream teacher." She receils a givent deep med fream deepened. I decided to be come a dream teacher. She receils a givent deep med fream deepened. I decided to be come a dream teacher. She receils a givent deep med fream deepened. I decided to be come a dream teacher. I decided the many teacher teacher. I decided the many teacher teacher. I decided the many teacher that the decided a spanner in the back to make when I necked a spanner in the back.

sace recents a provid a revenit see final. "
was unemployed and my fife was fewestic. In the dream, I was defixing along listening away from the control of the control of

become disconnected from their drawns, beliefting they have no meaning," observes Athena, nuthor of a new book. The Alchemyef Vour Dreams. "In fact, your dreams help you connect with your inner landscape, providing a link between your inner and outer world. Their purpose is to help you become more aware of your

connection to a larger force."

Once you start to be more dream attentive, and jot them down when you wake up, you can explore a deeper mosting. Von may see themes, which you can link to daily life. "Twe kept a decomposurab for your, and over time I can see specific cybes of dreams energing! If I'm dealing with a particular emotional way of dealing with something. Looking book over these can be very helpful." says when I'm a see that the consecution of the control of

about on a very choppy ocean. The experience was petrifying. Mr the time, my emotions were bubbling below the surface of my consciousness. Those dreams showed me Inceded to find a bealthy outlet for them." Those barrel sockdown dreams so many of use-sperienced reflect the stressful times were living through. Athena says. "Presam reflect life experiences, memories and symbolic associations. All ferums are purposeful and intinely - even if they' uncomfortable - and corney helpful messages if you apt attention to them."

nortation - anno convey nepular goes if you pay attention to them." all dream nightly, but Atherna sees clitents who selv they never remember "If you are stressed or exhausted, they be hardler to read. As soom as you he hardler to read. As soom as you set they get easier to remember. It can be they get easier to remember. It can help if you set an intention to recall your dreams before to read your dreams before seep." suggests Athena. "Do

harness the power of dreams the power of dreams through so called fluid dreaming. "Regular dreams to the power of the major of the power of the powe

shelming, when in fact the path forward often lies within."

The Alchemy of Your Dreams: A Modern Guide to the Ascient Art of Lucid Dreaming and Interpretation (Yellow Kite) is out now



READING
YOUR DREAMS
Athena looks at some common

Teeth falling out
Dreams about teeth invite you
to see how you are assimilating
(thewing-up) or not assimilating
(junoble to chew) people, sleations
and emotions. "Are you in harmony
or disharmony with elements or
simplicant people in your libra?"

Always late
Time is running away from you
or are you running away from
aspects of yourself andlor any
uncomfortable responsibilities?
Such dreams could also be telling.

United sets is all action physical need to could mean you need to could mean you need to could apply to the sets of the sets o

Flying like a bird
Personal freedom and expansion
are around the corner – this is
telling you to hold on to good

teling you to hold on to good vibrations and emotions.

Being chased

Ask yourself: "What or who am

Being trapped Is there a suffocating person or experience in your life that needs to be addressed? If so, it's time to break free from limitations and open the door to promising.

the door to expansion.

Being naked in public
This is alerting you to a situation outside your control that you need to clothes/indel yourself from. It can be symbolic of personal discomfort

Gemma Cairney

Getting up at around Sam, I had a black offee. I really appreciate the joy of a societing coffee nucle properly by someone fore: a has my boyfriend Cameron. There was no time for breakfast as I had od a voiceoser for Landmork, my new My Arts series to create the UK's next maker is suffer a societies with the societies of the societies of the societies when the societies were not to be societies the UK's next maker is admired.

"By hum bittime I was revenous, so variety to a lovely vegeturism eafe; Rood in Edinburgh's West End, where I ha Mexican wrap with black beans and vegan cheese, plus a leaf saled with balsamic vinegar and guacamole. To drink I had a tropical smoothle with pineapple, mango and orange, some water and nanother black coffice, I dri aliakined water throughout the day. "The recovering from a handen leaf."

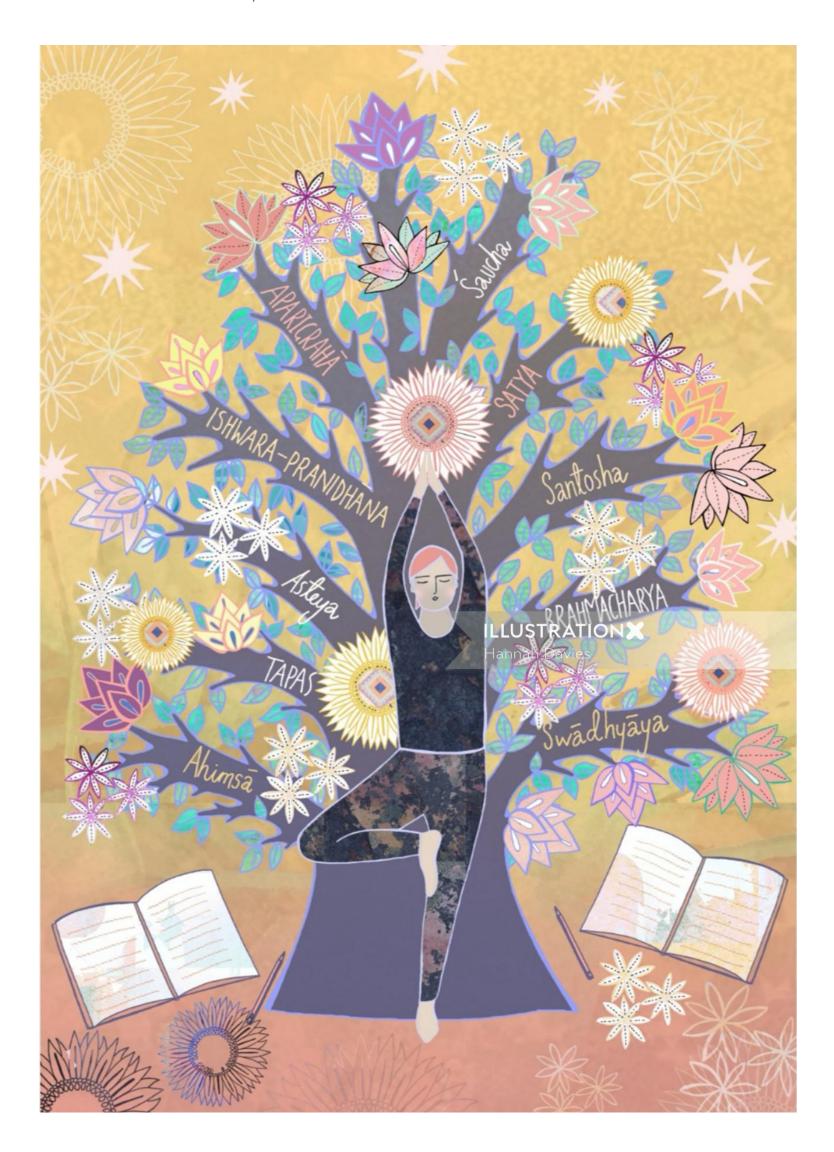
"The recovering from a broken feg. so in the addressor is some yet osteopath. Ind another glass of water. Buck home I ate in the property of t

Landmark, Sky Arts, Spm on Mondays from 6 September and also on NOW TV

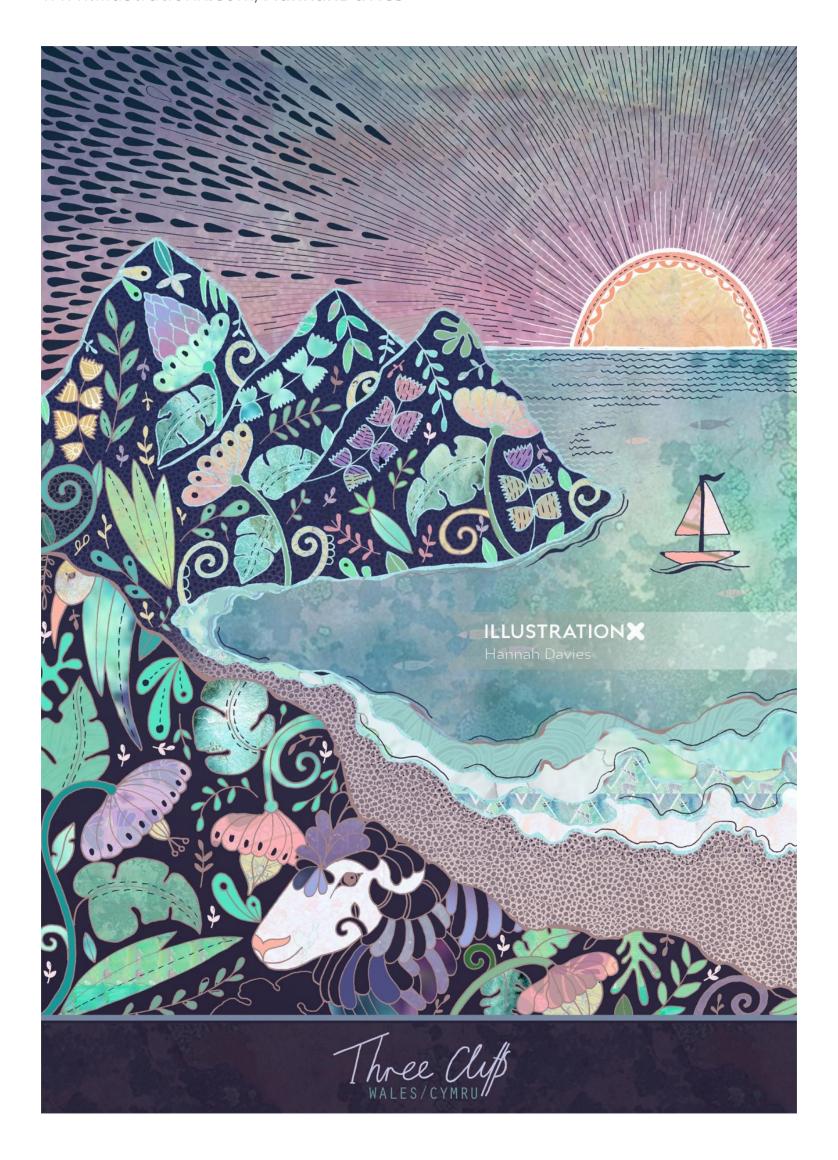


Dr. Eurona Williams, Partner & Partner & R. Partner & R. Manuschilosik, styr "Beans and liefest pack a free punch, helping lower the risk of heart affect growth, helping lower the risk of heart affect growth and some cancers — 10g par day is recommended. What and seeds (in the dubath) can limit to prove the recommended. What and will be recommended. What and will be recommended to 3 and so, but for more emerge, do try to east something before you loss the house — thus saving on the positions will be recommended to the control of the partner something before you have the whole of the partner something before you do for shallner water may studie with suffice (6-8 glosses of fluids), 3,156









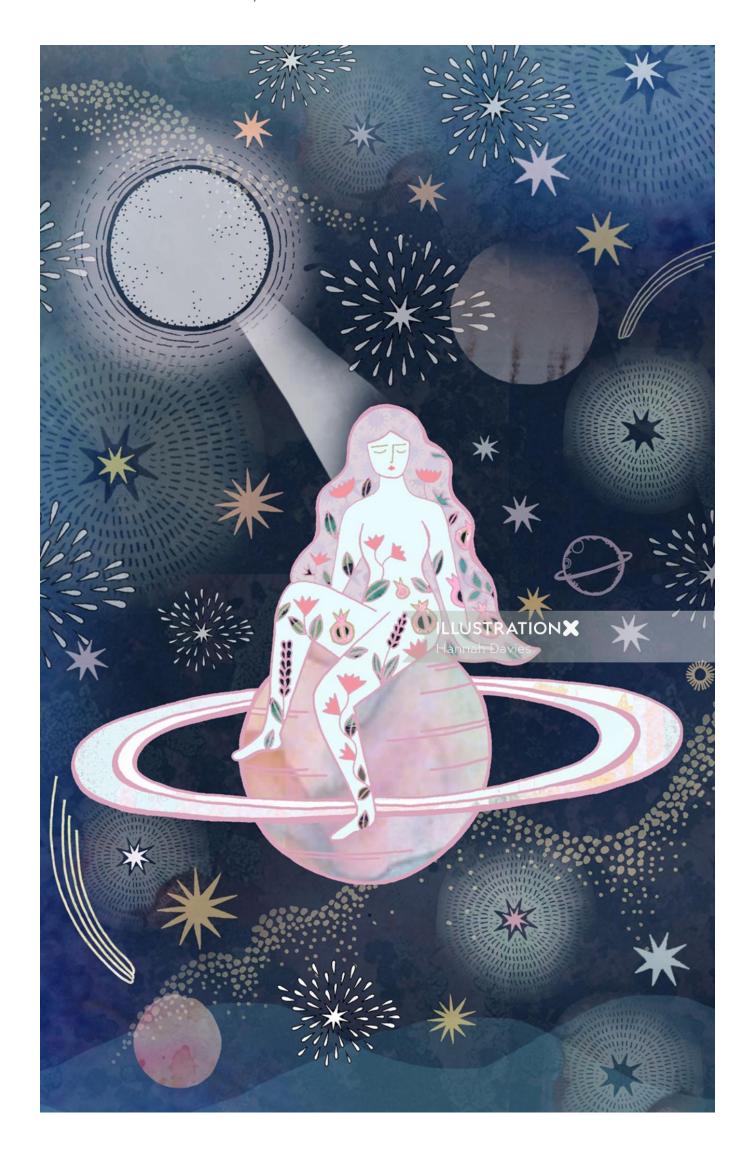








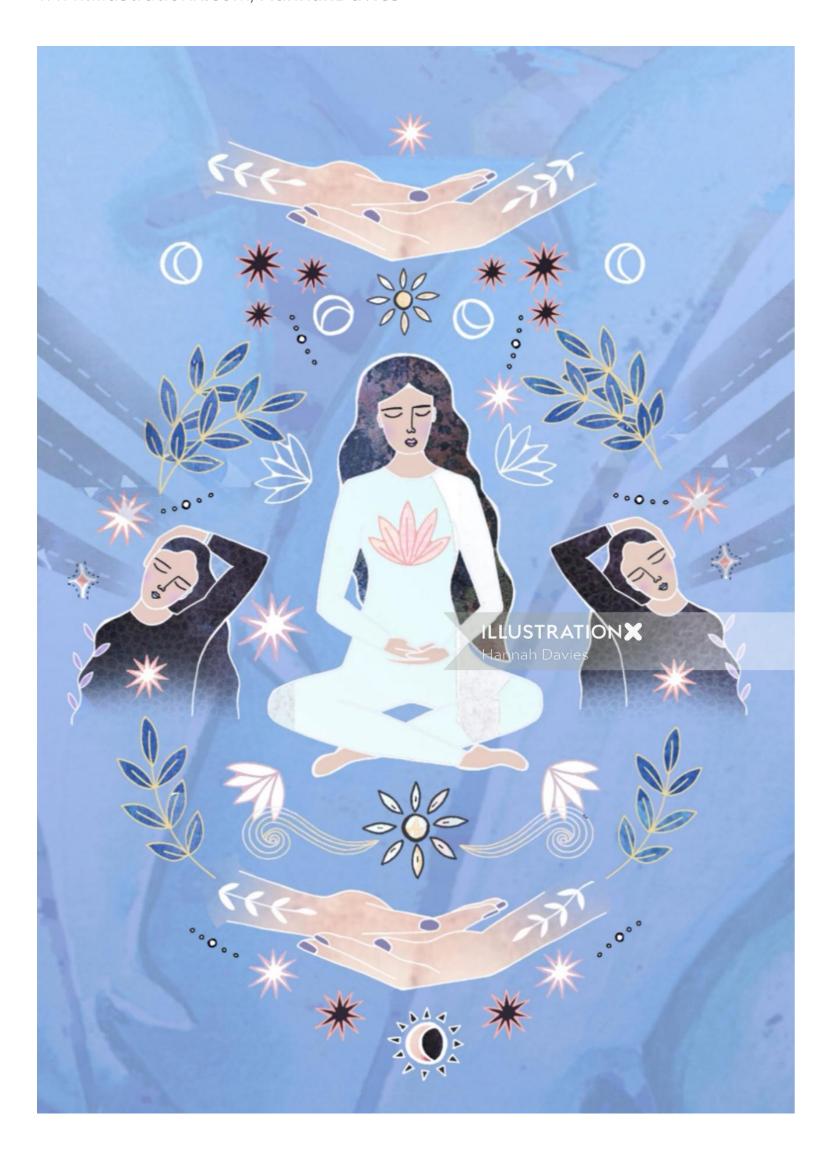




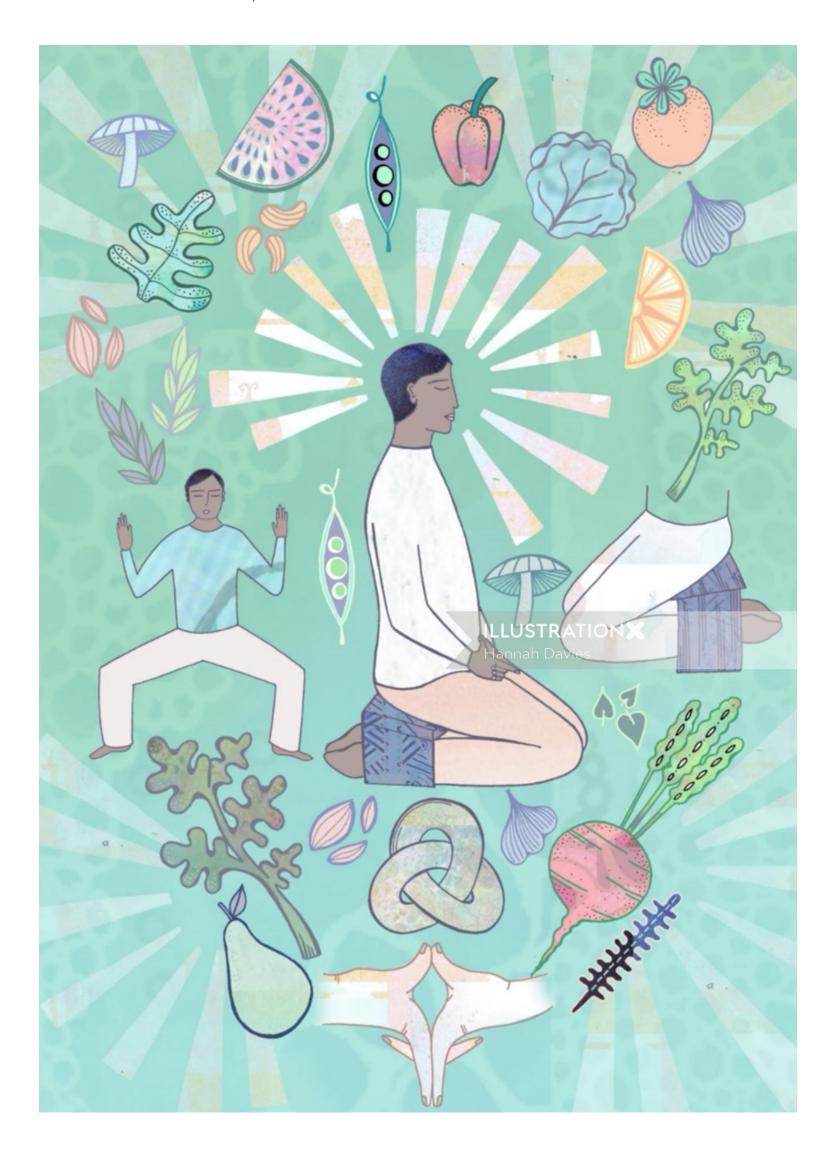
























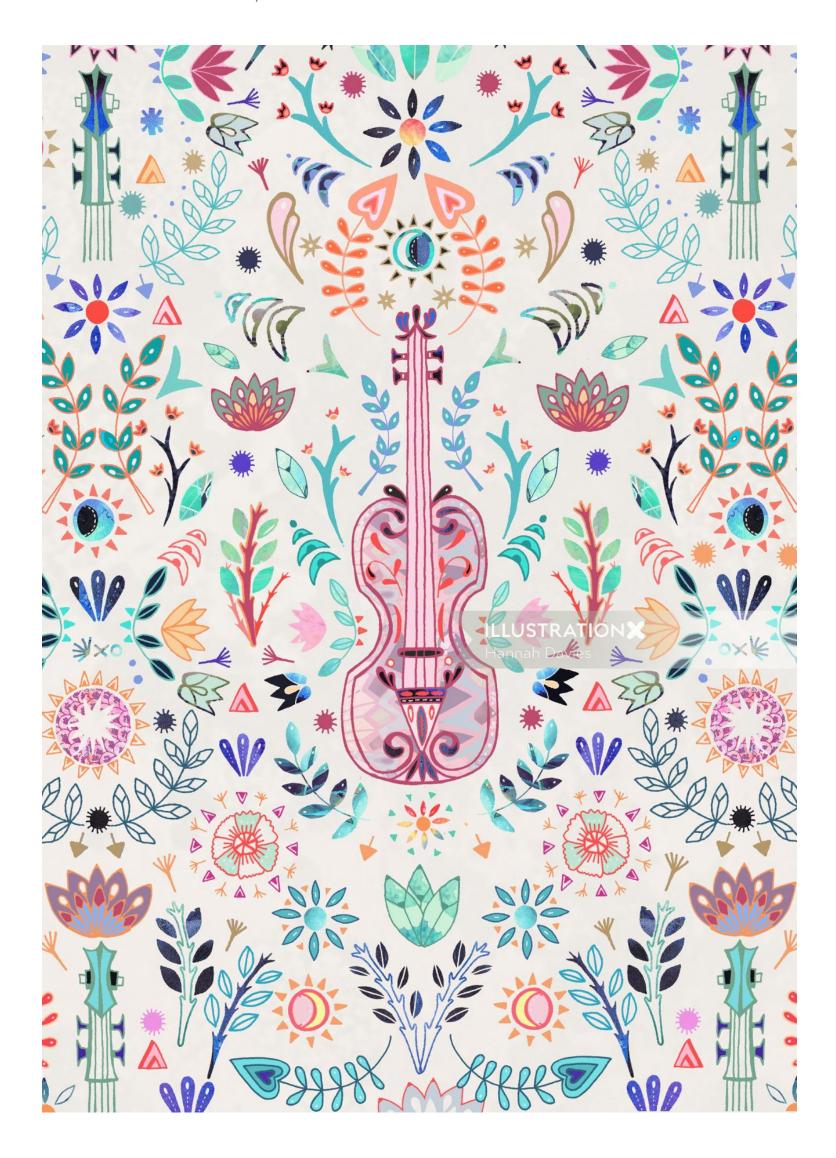










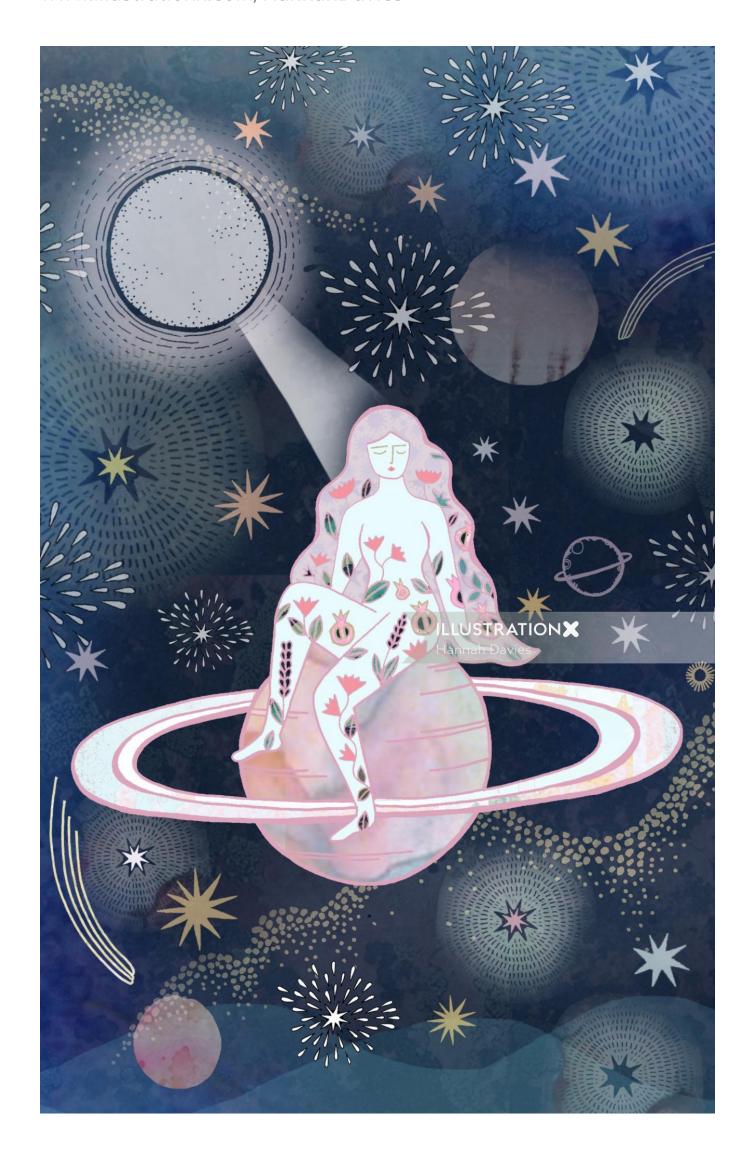




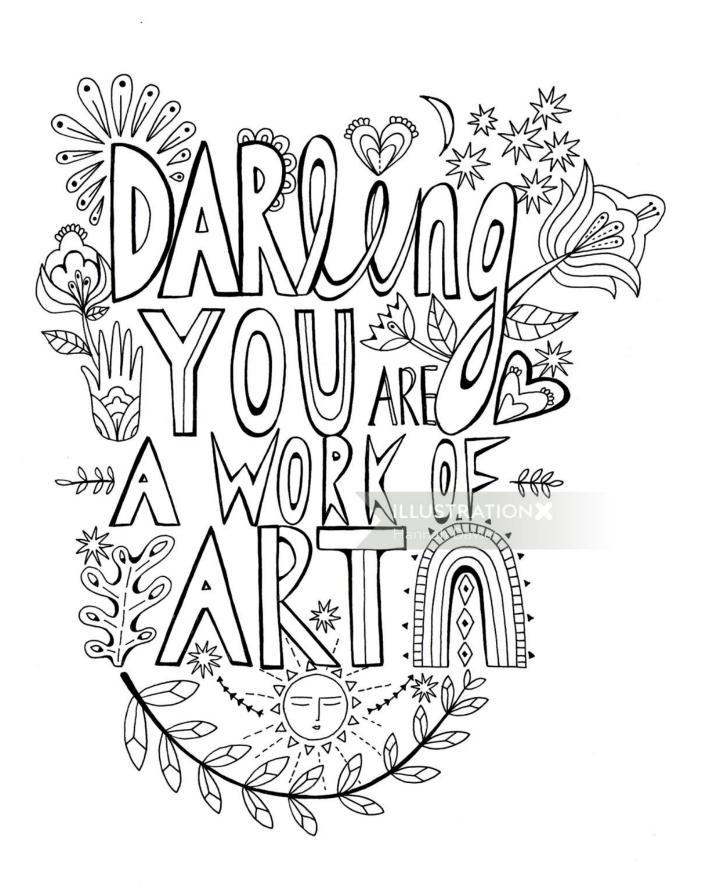




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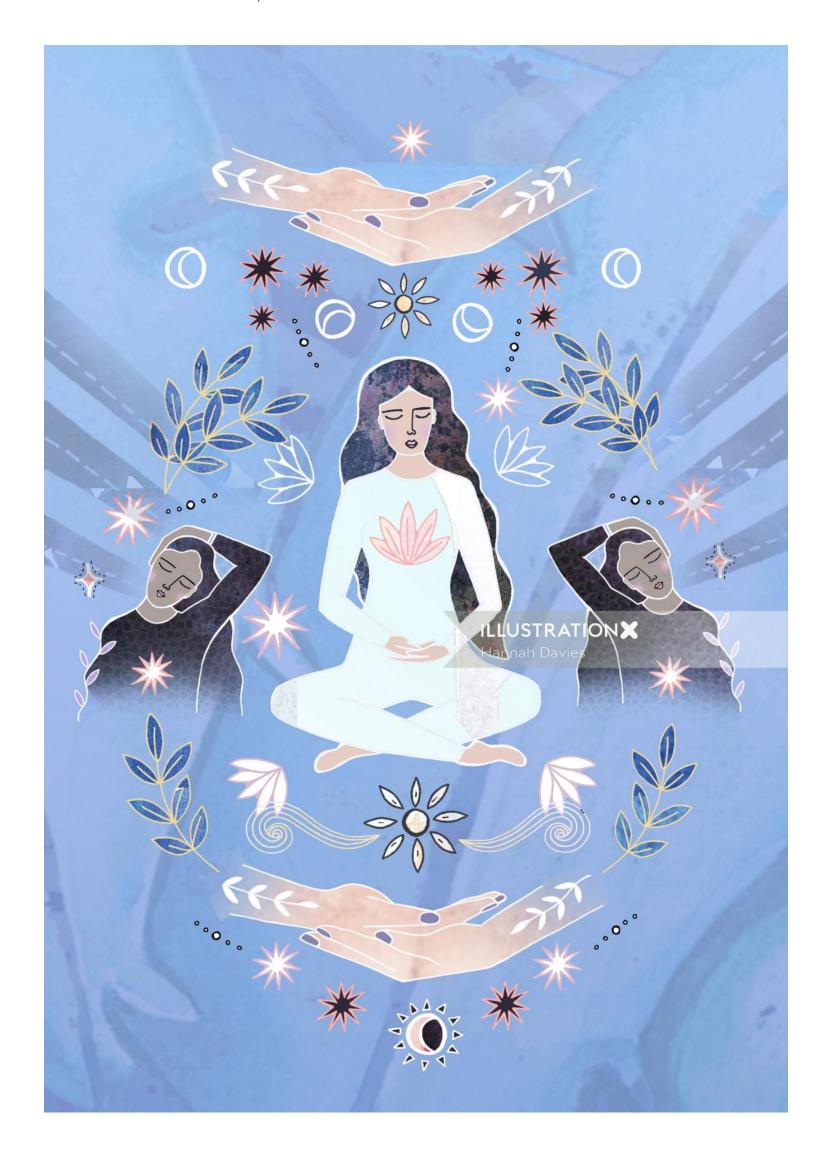








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Need advice?

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