

Contemplative photography as a spiritual practice

Go outdoors with your camera – but don't use it for the first 10 – 15 minutes. Just walk and see. Don't evaluate, judge, look for photos to take. Just immerse yourself in the place where you are – breath and notice. Begin to open yourself to images that draw you to them. Do not go looking for “a photo to take” – but let images, shadows, colors, moods, draw you to them. Take only photos that ask to be taken!

Another way to approach contemplative photography is to walk outside for 20 minutes with deep awareness. And, take **ONLY ONE** photo! Come back inside and sit with that photo. See what it is calling forth from you. How does this image reveal something about you and your life? Write about it if you wish. Perhaps you might keep a hard copy of these photos taken throughout a year.

