

Contemplative Photography

Contemplative Photography is a 3-week session program that provides the opportunity to use the medium of a camera to stimulate our imaginations, to deepen our senses through intuitive approaches, and to gain new insights into photography.

The program is open to individuals who possess a desire to stand in awe of the beauty that surrounds us through our environment. There is no need to have professional grade camera; the camera on a phone would be sufficient.

This is not a program on how to use a camera but rather how to deepen the meaning of images seen. The concept of entering into wonder through photography allows us to embrace surprises while looking anew at the familiar. An attitude of wonder leads us to experience creation and the Creator.

Each session will meet for 2 1/2 hours for individual reflection, group sharing of images individuals have received, and discussions. The time together will allow for expanding the meaning of symbolism of light and darkness, walking in awe of ordinary life, and exploring metaphors.

Contemplative Photography is a journey of cultivating our ability to see with a prayerful response to being in communion with our Creator.

The use of photography can accomplish much:

reveal what is hidden
tell important stories
preserve memories
stimulate dialogue

Our focus with photography is to stimulate our imaginations, to develop our intuitive and aesthetic sensibilities, to gain new insights.

Photography is an invitation to stop, take in images, become refreshed. We need to re-imagine how we envision photography.

The very act of slowing down for reflection and meditation can heighten our visual awareness and our imagination.

Reflective questions:

1. Initially, what attracted you to photography?
2. What keeps you attracted to photography? What are the major shifts or transitions that you have personally experienced in your life with photography over the years?