

Contemplating Creation with a Camera

Spiritual Exercise: I See/Feel/Think

Purpose:

- To heighten your visual awareness of the world around you.
- To develop a holistic visual awareness.
- To begin to select and abstract from the visual richness of our surroundings.

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Rarely do we spend enough time with an image to “mine” all of its visual, emotional, and spiritual potential. Rarely are we aware of its impact on the emotional, the intellectual and spiritual level. Too often our tendencies to judge and evaluate get in the way of appreciating what we see. This exercise is about how we might use the medium of photography to stimulate our imaginations, to develop our intuitive and aesthetic sensibilities, to gain new insights.

Activity:

- With your camera or phone take one photograph each day of something in Nature.
- Spend at least 10mins contemplating the photograph.

As you do, consider three topics in this order:

1. I see

Describe: examine each subject, each detail, the light, etc.

Then associate: what are you reminded of by the shapes, juxtapositions, etc.?

2. I feel

What do you feel as you look at the image?

3. I think

Reflect, interpret and connect.

Keep a journal about this and any insights you gain.

Reflection/discussion:

- What was most enjoyable about this exercise?
- What was most difficult?
- What, if any, new insights have you gained - about yourself, Creation, the Creator?

Howard Zehr (2005) Little Book of Contemplative Photography