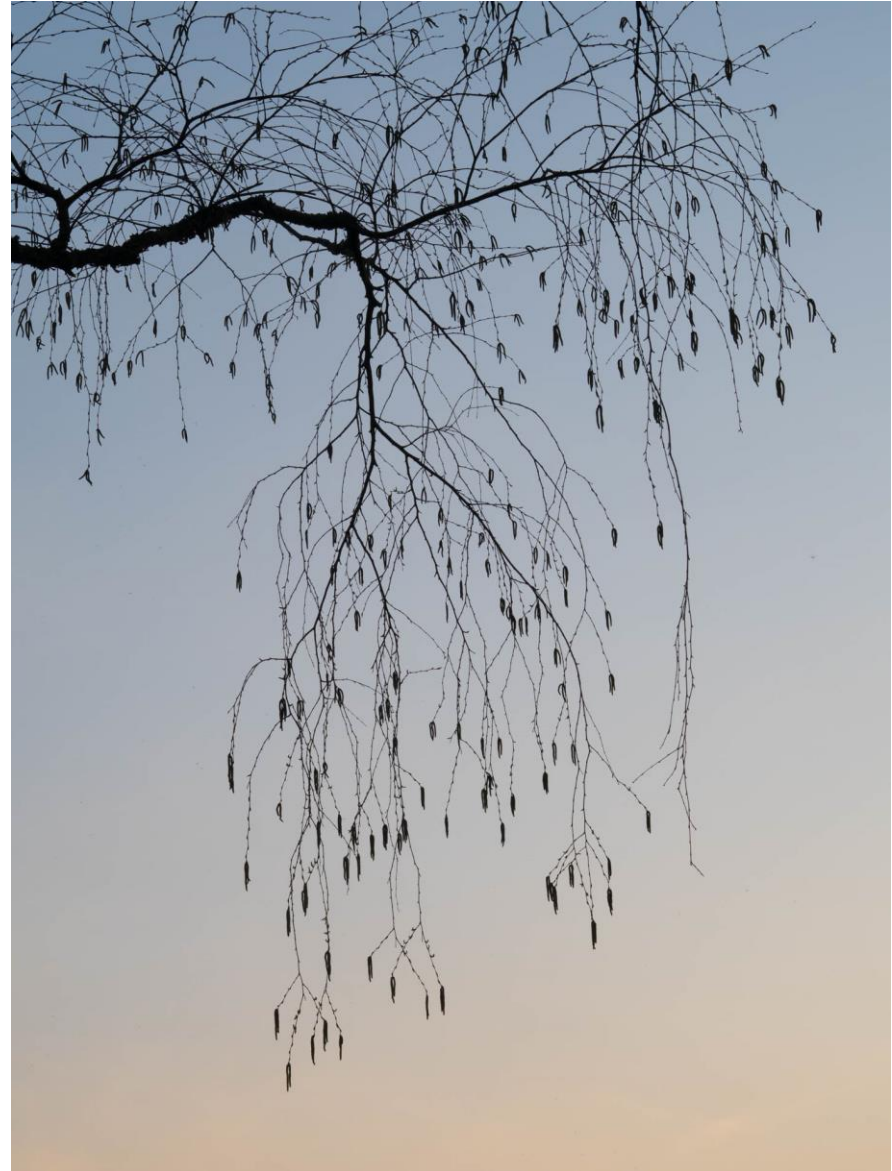


MINDFUL PHOTOGRAPHY



PROGRAMM

Theory

Consciousness/flash of perception

Walk: Contemplative photography

Implementation own photography

Mindful photography assignment

Reflection

MIKSANG

CONTEMPLATIEVE PHOTOGRAPHY



FILTER

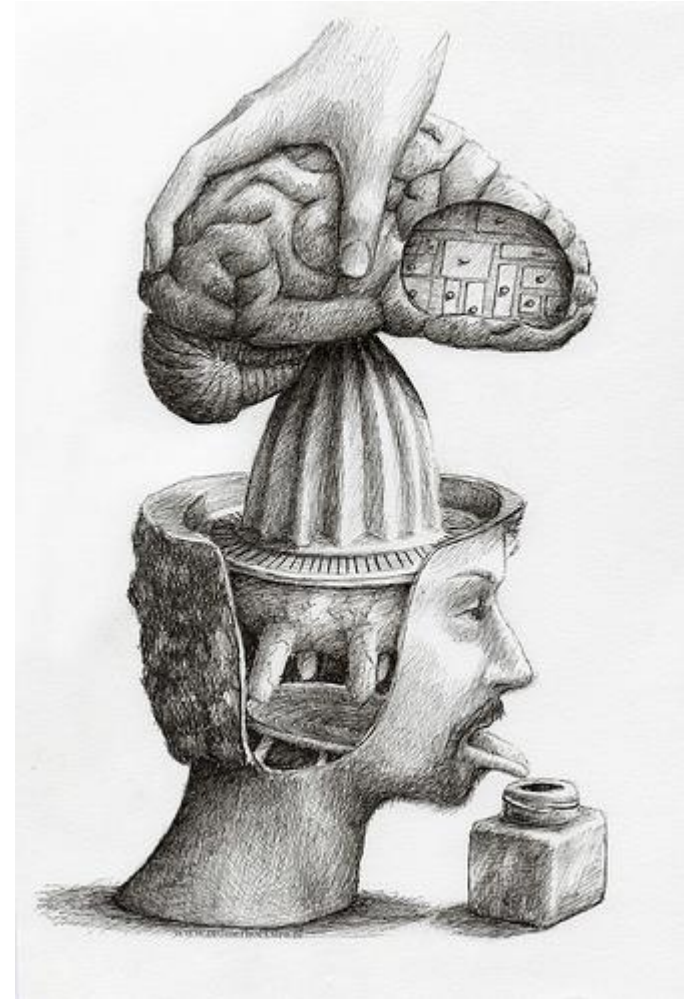
adapting information to your view of the world

What are you familiar with?

Deletion

Distortion

Generalization



PHOTOGRAPHY WITHOUT JUDGEMENT

Don't let your vision get obscured by:

Expectations about getting a good or a bad shot

Agitation about the best technique for making the picture

Thoughts about how beautiful or ugly your subject is

Worries about expressing yourself and becoming famous



CLEAR SEEING

Putting your head, eye and heart on the same axis

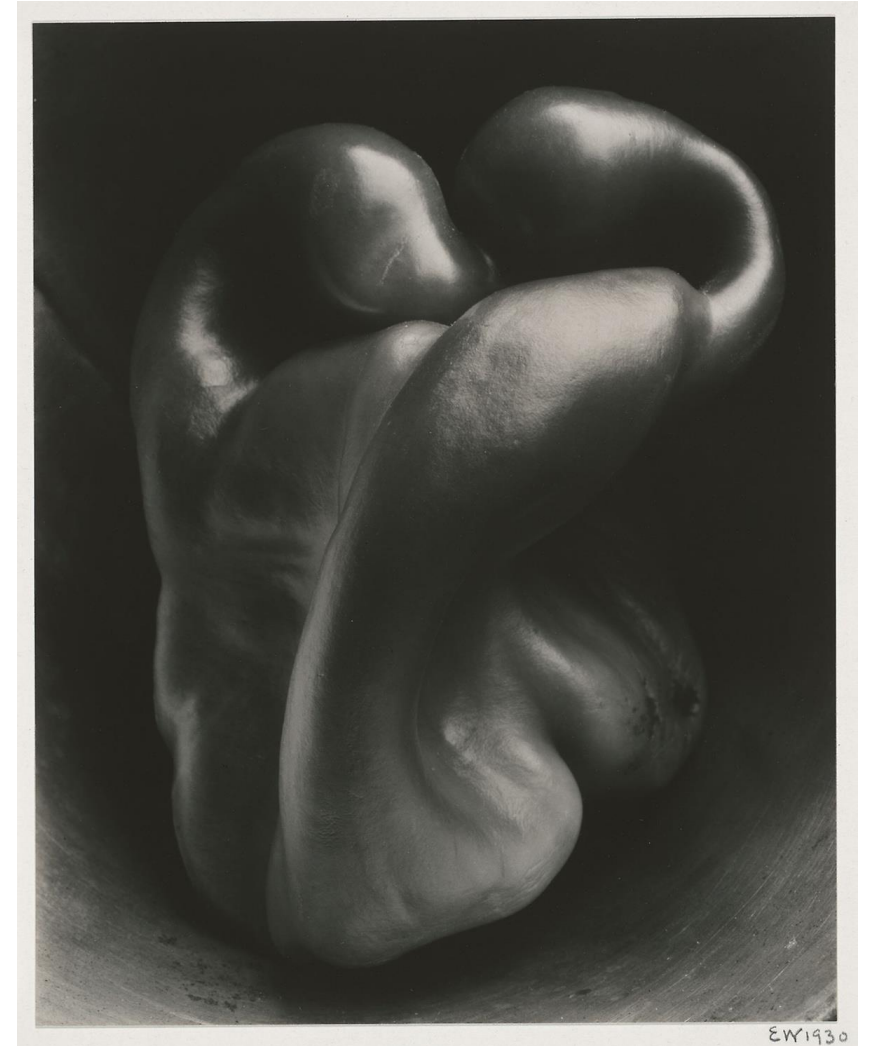
Open your heart, slow down, be curious and aware

Resting in the present



FAMOUS PHOTOGRAPHERS

Edward Weston



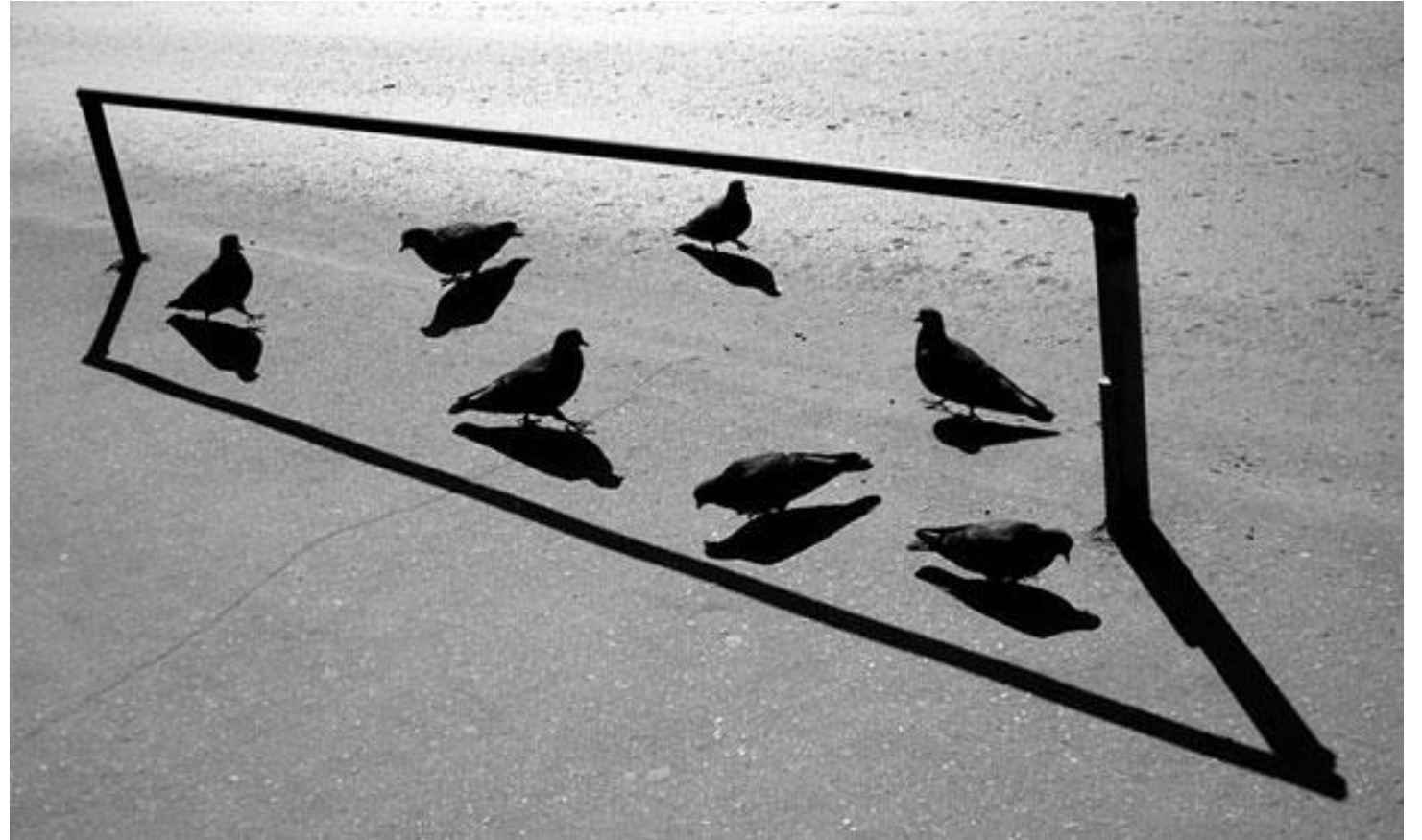
FAMOUS PHOTOGRAPHERS

Alfred Stieglitz



FAMOUS PHOTOGRAPHERS

Andre Kertesz



CONTEMPORARY PHOTOGRAPHERS

Michael Wood



CONTEMPORARY PHOTOGRAPHERS

Julie Dubose



CONTEMPORARY PHOTOGRAPHERS

Helen Vink



ART IN EVERYDAY LIFE

Andy Karr

“We are not interested in the unusual but in the usual seen unusually”

Beaumont Newhall



LIVE LIKE AN ARTIST

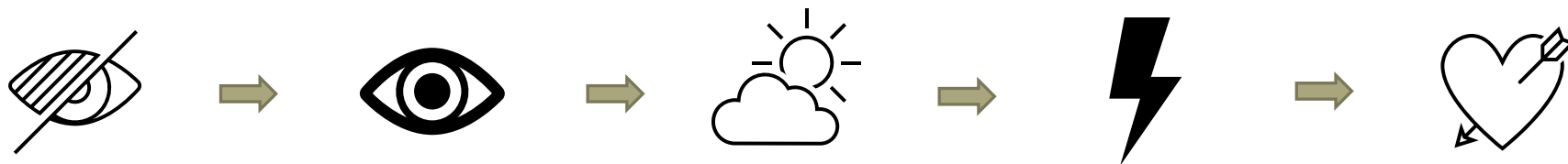
True seeing can be felt

live in the moment

Conduct ordinary activity in a relaxed and attentive way

Seeing and caring for the details of your world

Recognize the flash of perception



OBSTACLES

Judgement, cynical and angry state of mind

You're fixed on the object of your anger and blind to the experience and the environment



Meditation

Possessiveness, craving and ambition

You're fixed to the object of your desire and possibilities of fulfillment



Focus on the here and now

Ongoing internal narrative

Fills up space so, leaving little room for creativity
Wrapping a fresh perception in commentary until all freshness is lost.



Recognize whatever they are and let them be

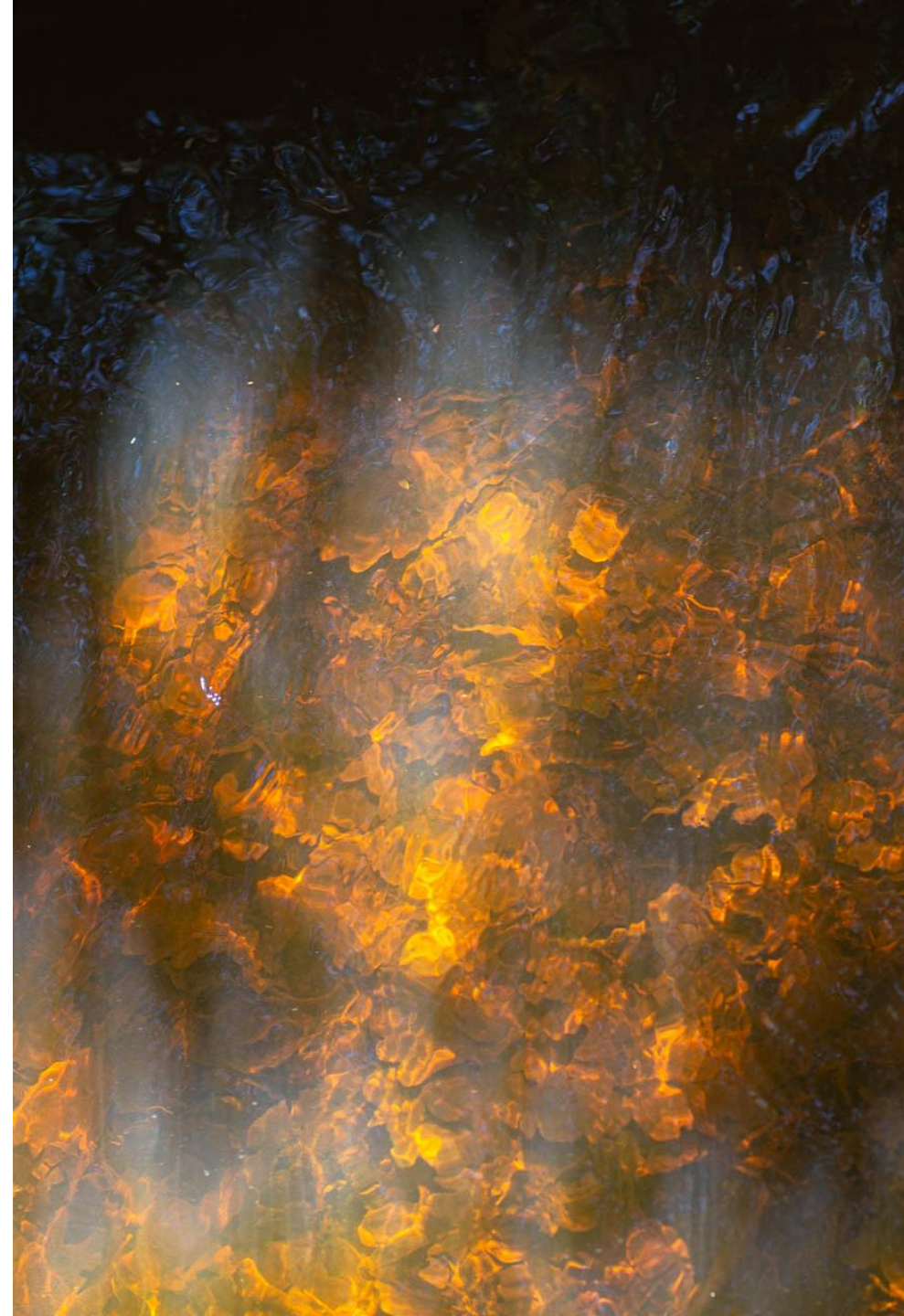
INQUISITIVE MIND

Unravelling the layers of confusion

The more curiosity you have ...

the more you will be available to your experience...

the more you will see.



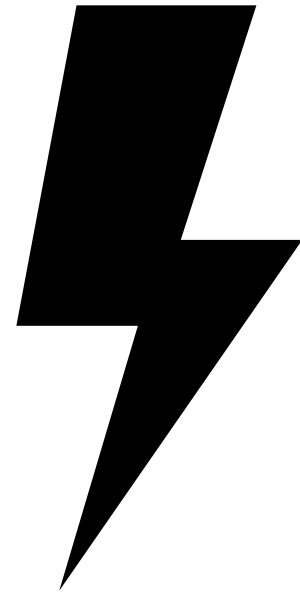
SEEING



Notice
Conceptual



Direct perception
Perceptual



THE PROCES



FLASH OF PERCEPTION

Comes suddenly as a shock

You might feel disorientated

Vividly appearances

Sharp with a brilliant, clear quality

Stable, free from distraction

Direct and in focus



VISUAL DISCERNMENT

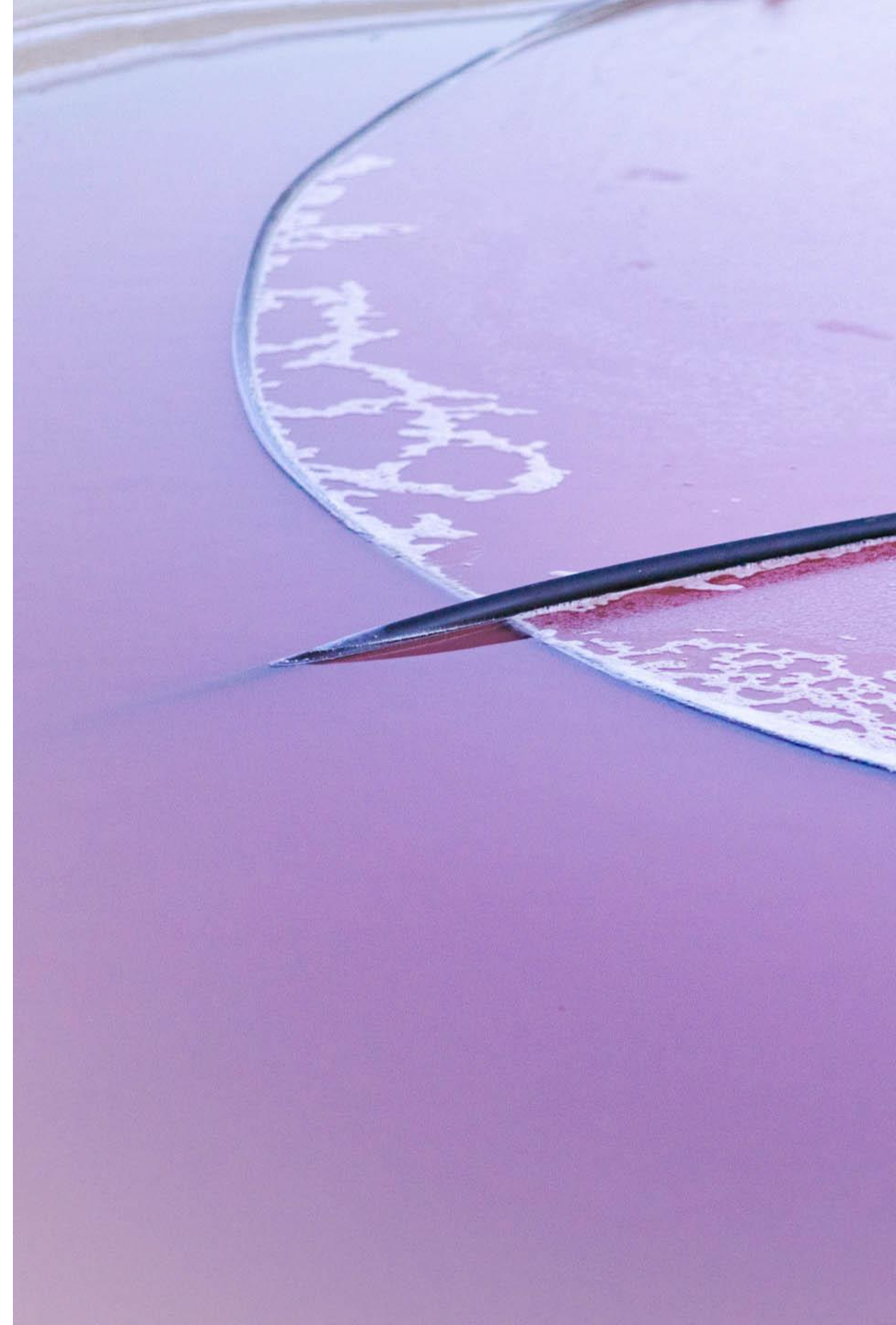
Joining mind and eye

Rest with the initial perception in a soft, inquisitive way, without struggle

Stay still

Gaze in very soft way

Let the form itself suggest the composition



FORMING THE EQUIVALENT

Nothing added, noting missing

Pick up the camera

Frame, isolate just what you saw

Choose camera settings that will properly reproduce what you perceive

Shoot

Is what you see just what stopped you?

Is anything added?

Is anything missing?





THERE ARE COUNTLESS OTHER PERCEPTIONS









BASIC ELEMENTS

color

texture

simplicity

light

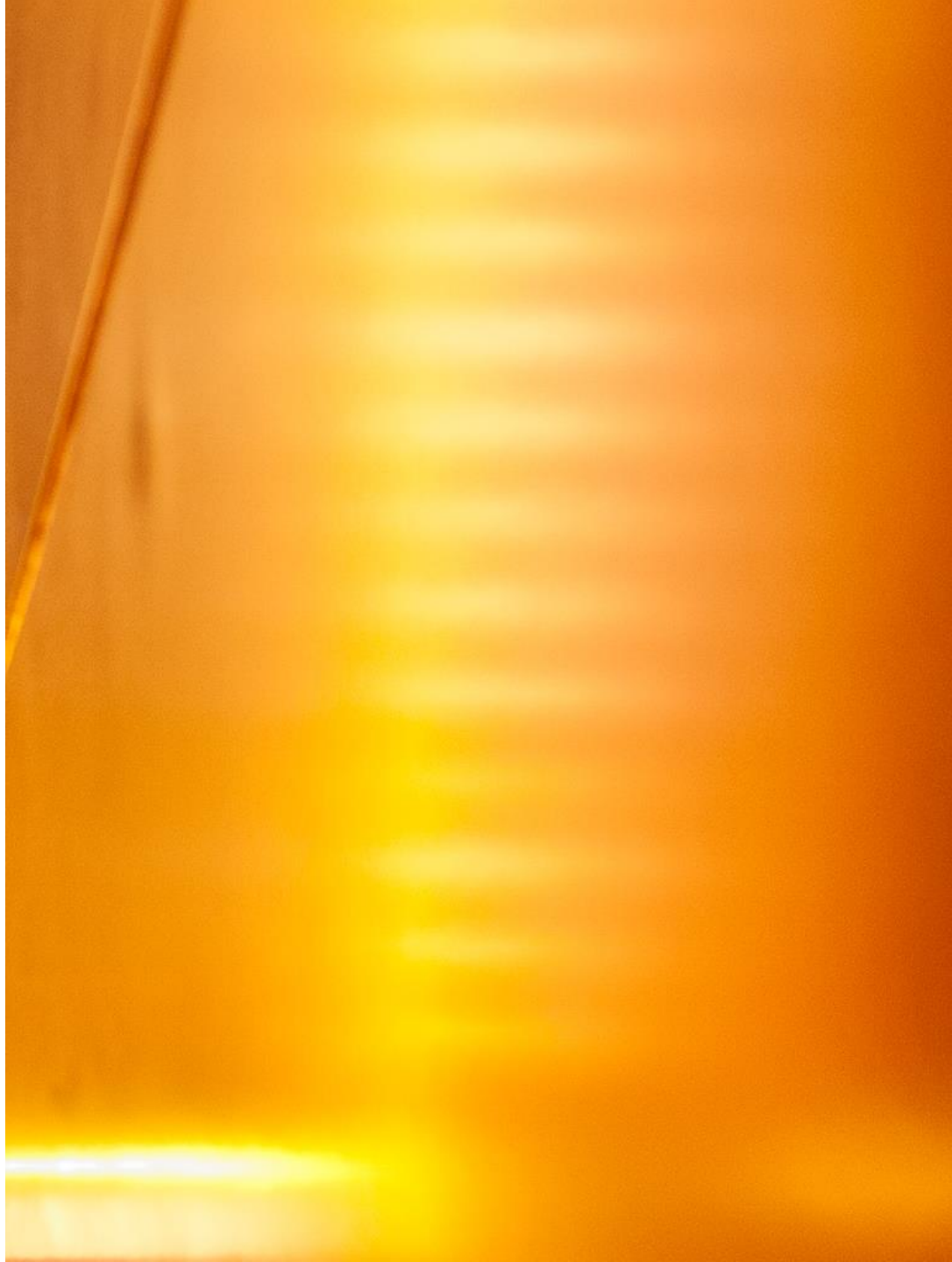
space

equality

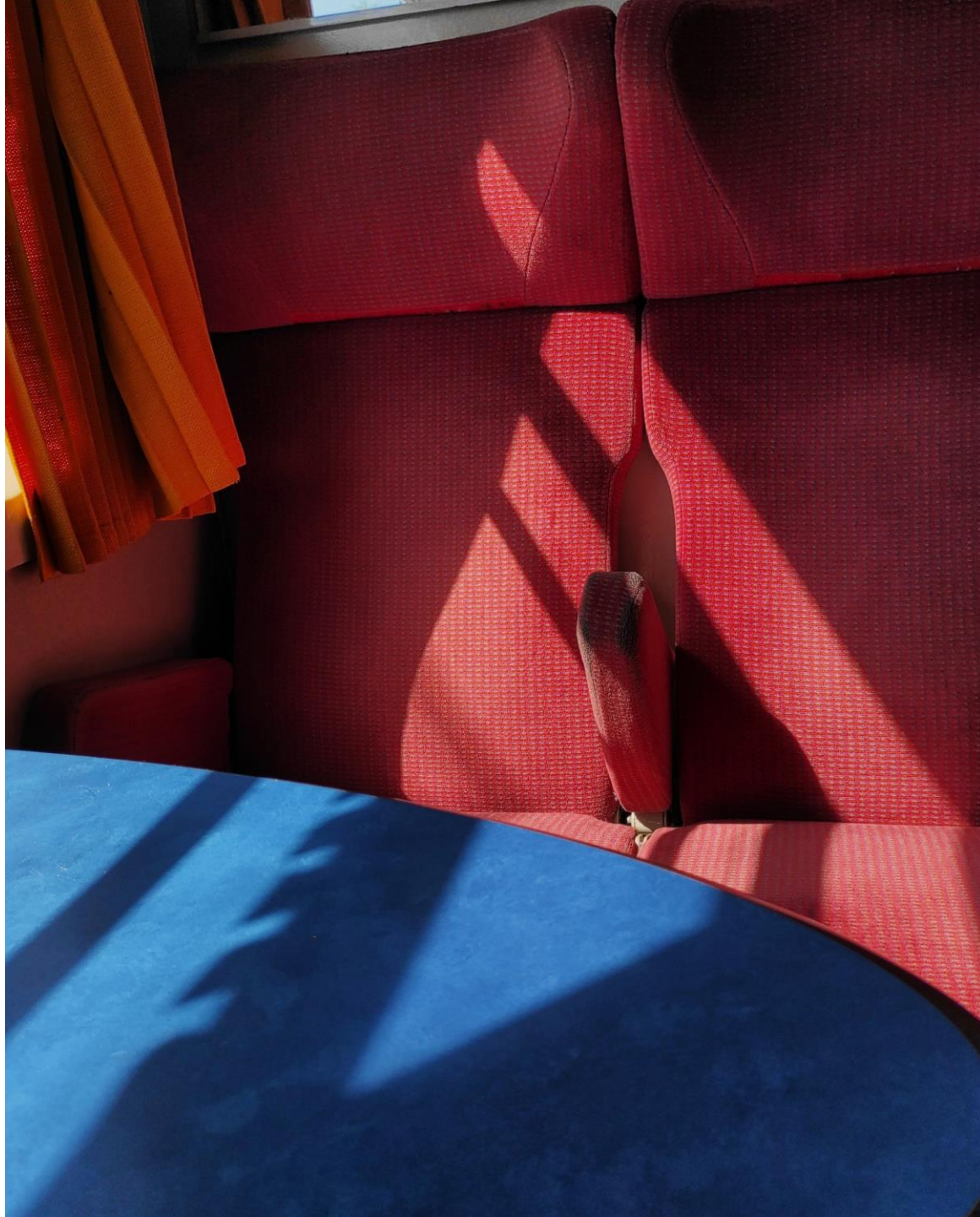
patterns

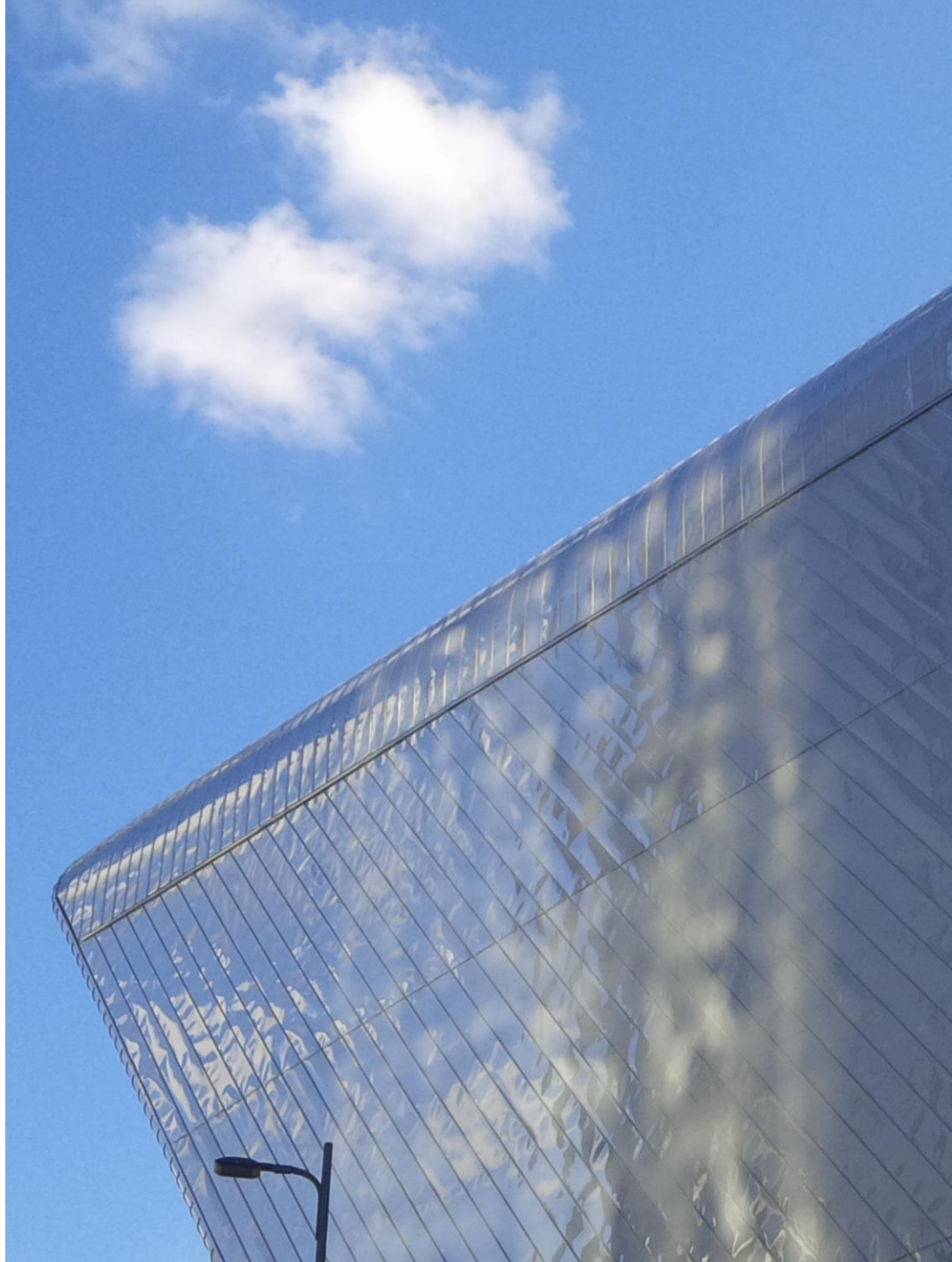






light



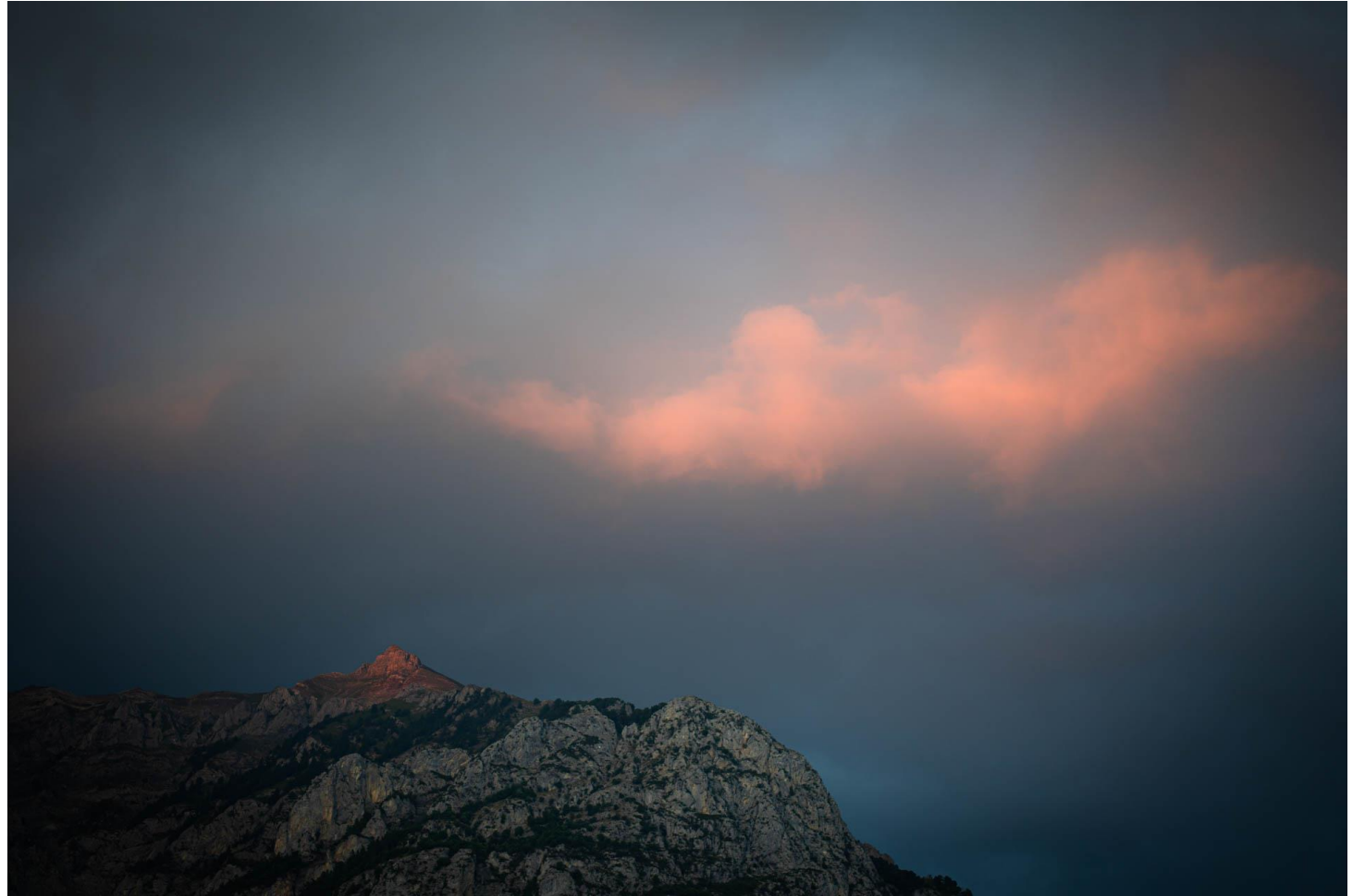




similarity



MINDFUL PHOTOGRAPHY



THE MEANING OF PHOTOGRAPHY

Implement mindful photography

What's your vision?

Why do you photograph?

How do you approach your subject?

Curiosity

Receptiveness

Playfulness



POETIC PHOTOGRAPHY

Rebecca Norris Webb

Receptiveness

Clarity

Gratitude



STREET PHOTOGRAPHY

Saul Leiter

Ambiguity

Curiosity

Revealing



STREET PHOTOGRAPHY

Alex Webb

Observance

Patience

Reveling



PORTRET

Nadav Kander

Compassion

Generosity

Modest



ART IN EVERYDAY LIFE

Rinko Kawauchi

Wonder

The inner child

Gratitude



PLAYFULNESS

Ernst Haas

Curiosity

Playfulness

Freedom



LANDSCAPE

Kate Kirkwood

Observance

Ambiguity



SELF IMAGE

John Caplans

Honesty

Acceptance

Impermanence



LITERATUUR

On Street Photography and the Poetic Image
Alex Webb and Rebecca Norris Webb

The Mindfull Photographer
Sophie Howarth

The Practive of Contemplative Photography
Andy Karr and Michael Wood

Van maken tot raken
Diana Bokje

