



Adventures in Seeing: How the Camera Teaches You to Pause, Focus, and Connect with Life

Kim Manley Ort

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It was during a photography workshop in 2001 when I first realized how much more there was to see than at first glance. I stood in a field of dying plants, not knowing what to photograph. The instructor saw my dilemma and advised me to get down on my belly and put my camera right in the middle of those plants. Looking through the viewfinder from this perspective, I discovered a whole new world. There are times that we all feel the way I did that day – overwhelmed and helpless - not knowing what to do next, not seeing any possibilities. We can learn to see below the surface of our lives and connect in a much deeper way. Through mentors in seeing – writers like Thomas Merton, John O'Donohue, and Mary Oliver; and photographers like Ansel Adams and Minor White, I discovered that these were people who lived rich, full lives doing what they were born to do. They shared nine distinct habits or mindsets. They were pillars of pausing in the midst of their days – with openness, humility, and acceptance. They focused their attention with curiosity and wonder. They saw possibilities everywhere, yet simplified their lives to what was most essential. They were connected to life through strong and meaningful relationships. These mindsets serve as antidotes to the filters we normally place on our experience. Life becomes fuller, richer and more meaningful. The premise of this book is that the camera can be used as a tool for cultivating these habits. Throughout this book, you'll find inspiring stories and photographic exercises that will motivate you to see your everyday world in a brand new way. The exercises can be completed with any type of camera, even a smartphone. In Section 1, you'll learn the power of the pause. You'll cultivate the habits of openness, humility, and acceptance and build more space in your life. In Section 2, you'll learn to focus with intention and go deeper by bringing your curiosity to the table. You'll find that wonder and miracles are all around. In Section 3, you'll see many possibilities and then simplify to what matters most. You'll connect or click the shutter to honor the relationship you've formed. Each section invites you to go deeper, to pause and focus before you connect or click the shutter. You'll cultivate habits for seeing in new ways and you'll learn to notice the filters – the judgments, labels, opinions, beliefs - that get in the way. Through the exercises, you'll form new habits that will make you feel more engaged and connected with your life and you'll keep a visual record of your expanded awareness. You'll learn to listen to and trust your own inner voice that knows how you want to spend your time and what photographs you want to take. You'll confidently express who you are and how you see the world through your photography. And the bonus is that you'll experience more consistent joy and gratitude in life and in your photography. You'll feel more alive, connected, and engaged no matter what you're doing and no matter where you are. And, this will have a ripple effect on everything and everyone around you. You will find that ordinary, everyday reality can be quite extraordinary. Show less... Language English Short Description Kim Manley Ort's online photography workshop, Adventures in Seeing, is now available in book form. The 45 photographic "calls to adventure" will teach you to pause and focus before connecting or clicking the shutter. You'll discover that ordinary reality is quite extraordinary.

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