

# Seeking Wisdom through Photography

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Using the lens of Notice - Meet - Invite, make time to take in the scene and subject before bringing your camera into play. Meet your experience with wonder and curiosity, and invite a new perspective through contemplation and prayer.

## Notice

Slow down and  
take in the scene or  
subject before you  
look through your  
camera lens

Make a photograph



# Meet

Move closer

Consider what  
might be beyond  
the surface of your  
first impression

Make a photograph



# Invite

Shift your  
perspective and  
open your  
awareness to what  
else might be  
revealed

Make a photograph



# Notice

**Take in**

Pay attention to  
the little details  
in your photo,  
the literal  
picture you  
have created



# Meet

**Be curious**

What  
memories,  
sensations or  
emotions does  
the image elicit  
in you?



# Invite

## Shift your perspective

What do you wonder about that's not in the scene? What are drawn to pray about or for when you contemplate this image?



*“A good look at [the] blossoming world can convince us that we, too, are intended to blossom. Regard the tulip, the peony, the rose, the aster, the violet—each blooming happily according to its nature. So, too, each human being has gifts and characteristics that are intended to be fulfilled. We were not created to be thwarted. Rather, we were made for a full flowering. And so, when we pray, “Thy will be done,” we are asking for our own nature to be fulfilled.”*

*~Julia Cameron*

