

Spirituality and Photography

Osher Lifelong Learning Institute

At Vanderbilt

- ❖ How long have you been interested in Photography?
- ❖ What kind(s) of camera do you use?
- ❖ What are you hoping to get out of this Workshop?
- ❖ (Optional question if you are willing to Share: In 3-5 words, what is your spiritual tradition?)

GOALS

1. Explore the natures of spirituality and of photography and the connections between them
2. Look at how photography can be a part of one's spiritual journey
3. Consider what makes a good image
4. Explore creativity and the creative process

What is “spirituality”?

How would you define it?

Spirituality is how you embody or make manifest in the world, that which is most important to you, which you value most.

How our spirituality is shaped

1. What happens to us and how we respond
2. Ways we choose to work on who we want to become

What is photography?

How would you define what it is?

Photography is using a camera to make an image, to make a picture of someone or something. It's using a camera to catch a moment in time.



“Photography for me is a spiritual practice. It’s a discipline that connects me more closely to the core of the universe and the core of my own being. It opens my eyes and, in doing so, allows my heart and soul to open, as well....

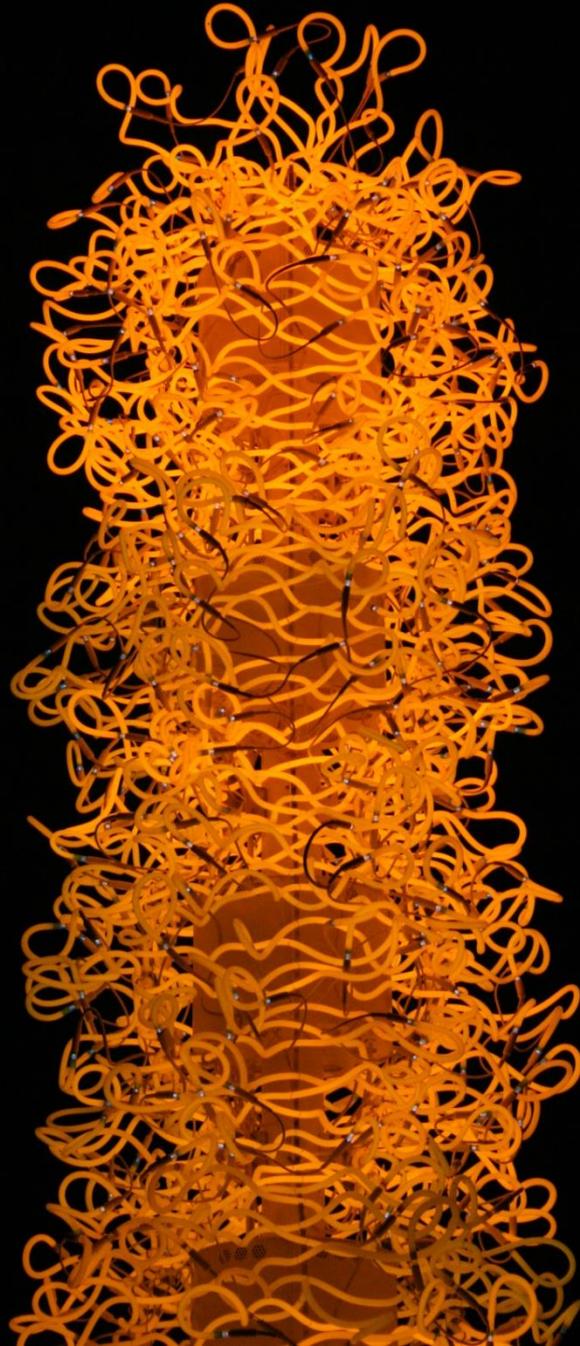
... One more realization:

That God gave me photography so that I could pray with my eyes.”

Dewitt Jones in “Realizations:
What is Photography for You?” in
Outdoor Photographer, May 2012

How Spirituality and Photography Connect

1. Practice in shifting perspectives









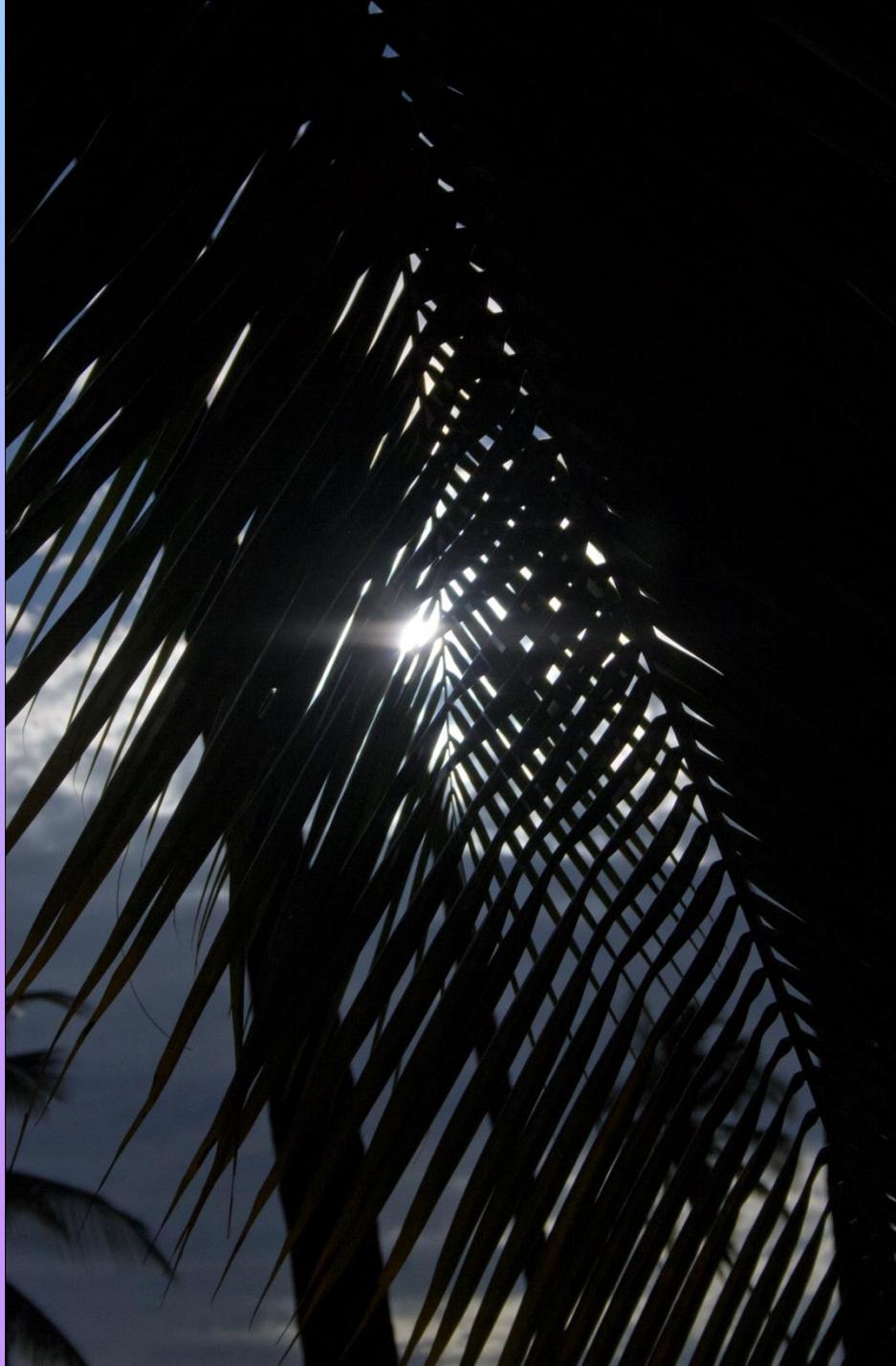




How Spirituality and Photography Connect

1. Practice in shifting perspectives
2. Following the light









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How Spirituality and Photography Connect

1. Practice in shifting perspectives
2. Chasing the light
3. Holding the beauty



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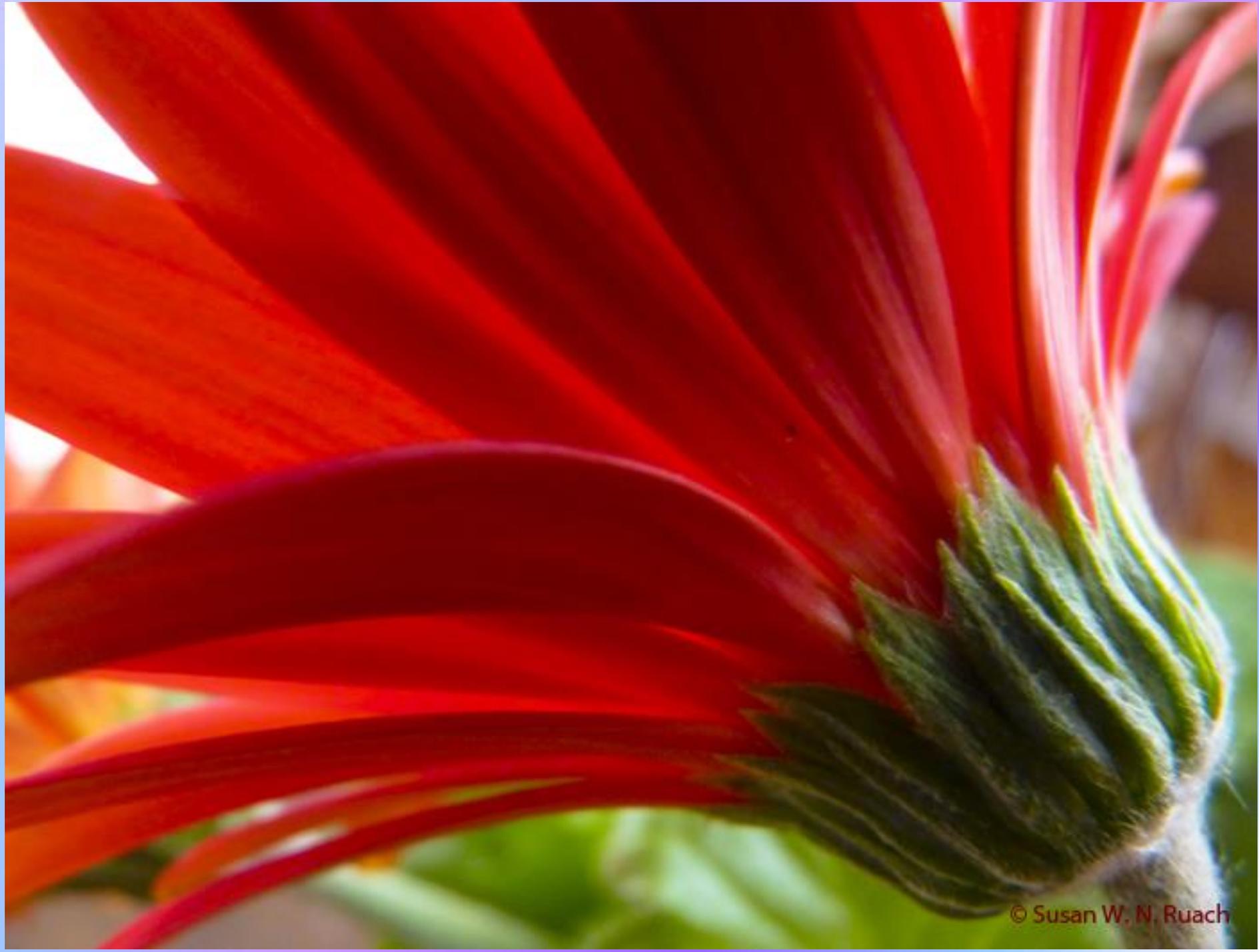




How Spirituality and Photography Connect

1. Practice in shifting perspectives
2. Chasing the light
3. Holding the beauty
4. Learning to see









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PHOTO REFLECTION

1. What picture chooses you?
2. To what is your attention drawn in this image? What does it say to you?
3. What might this image be inviting you to do or be?
4. Anything else about this image?



Making Our Pictures Better

Elements of Visual Design

Tips

Basic Elements of Design

Light

Line

Shape

Texture

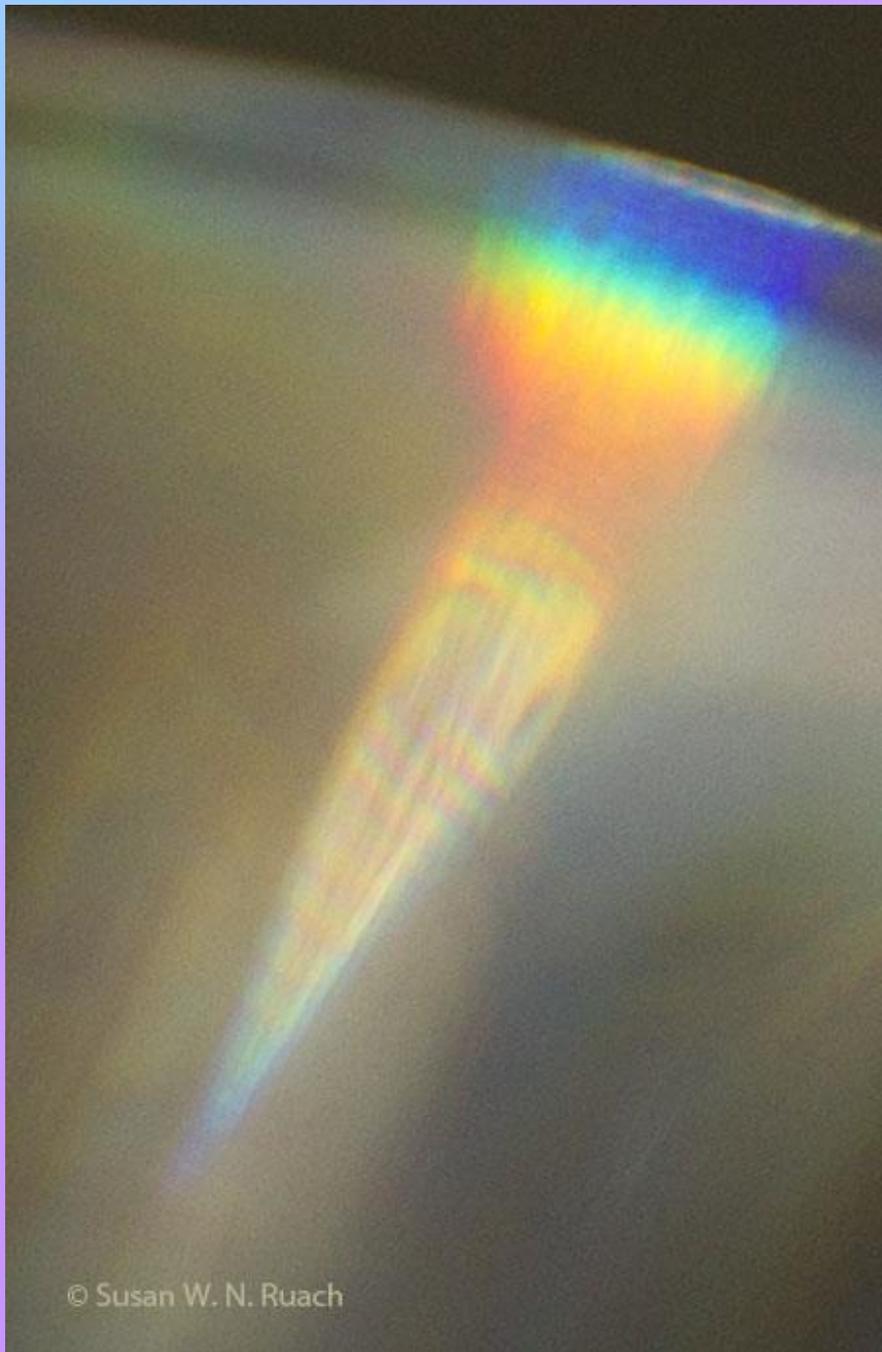
Perspective

Light

Tone-degree of brightness (light or dark)

Color (hue)

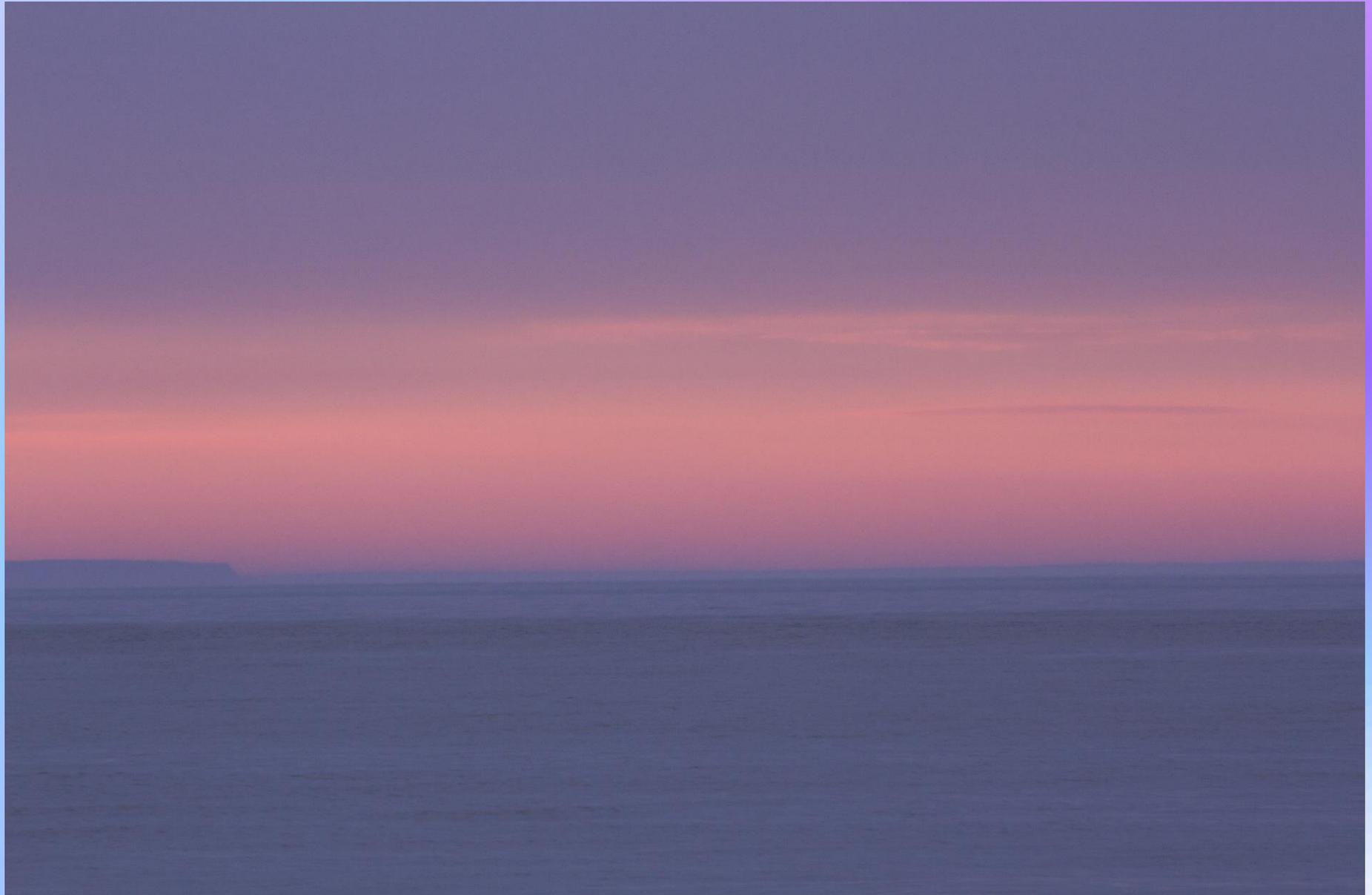




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1. Lines

Define shape

Create eye movement, lead the eye and mind

Create a sense of depth

Straight-horizontal, vertical, diagonal

Curved-arc, classic “S”, circle

Radial

Wiggly

Define shape



Create eye movement



Create sense
of depth/height



Straight-horizontal



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Straight-vertical



Straight--oblique



Straight-Diagonal



Curved--arc



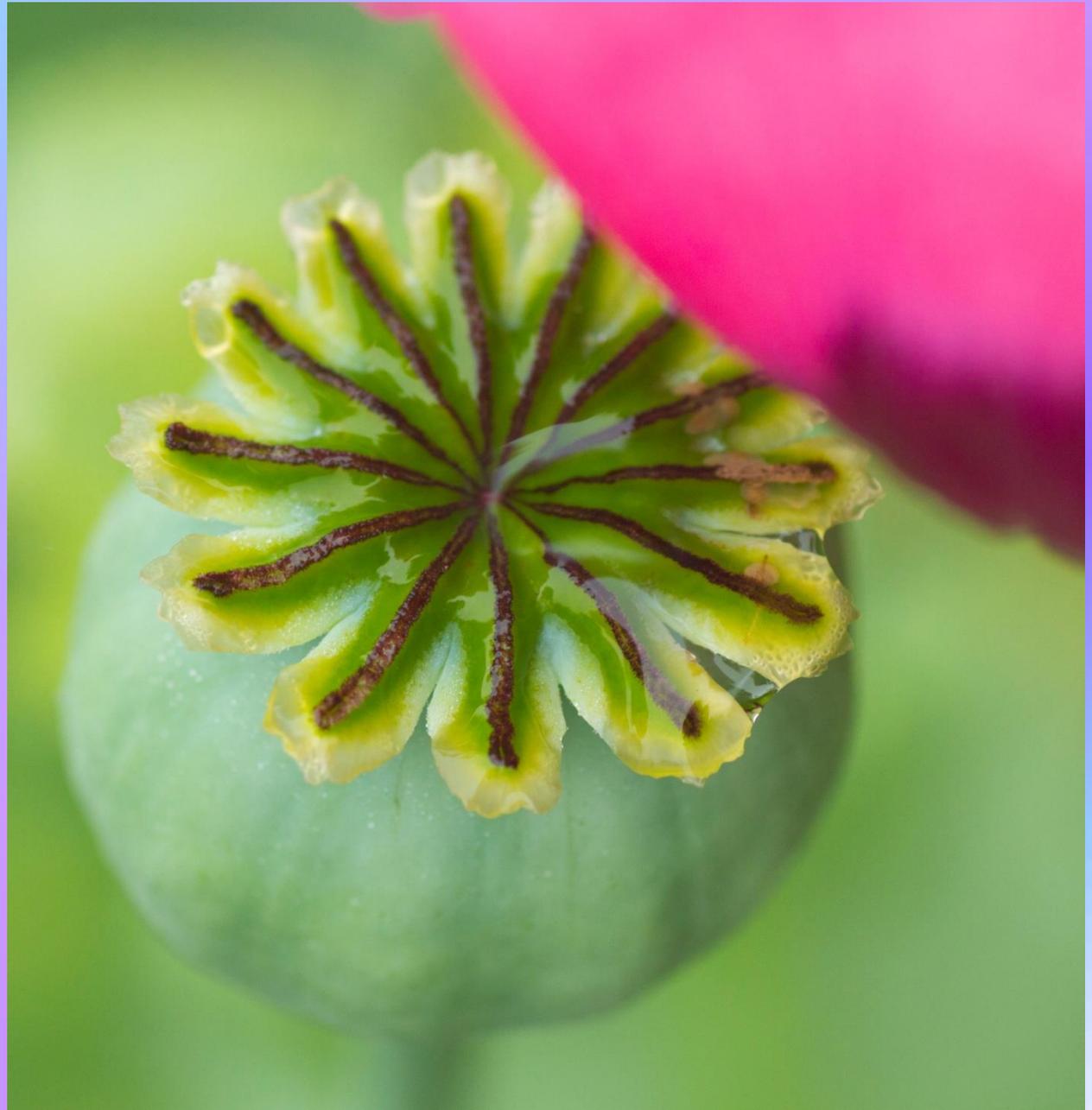
Curved—Classic “S”



Circle



Radial



Wiggly



Shapes

Triangle

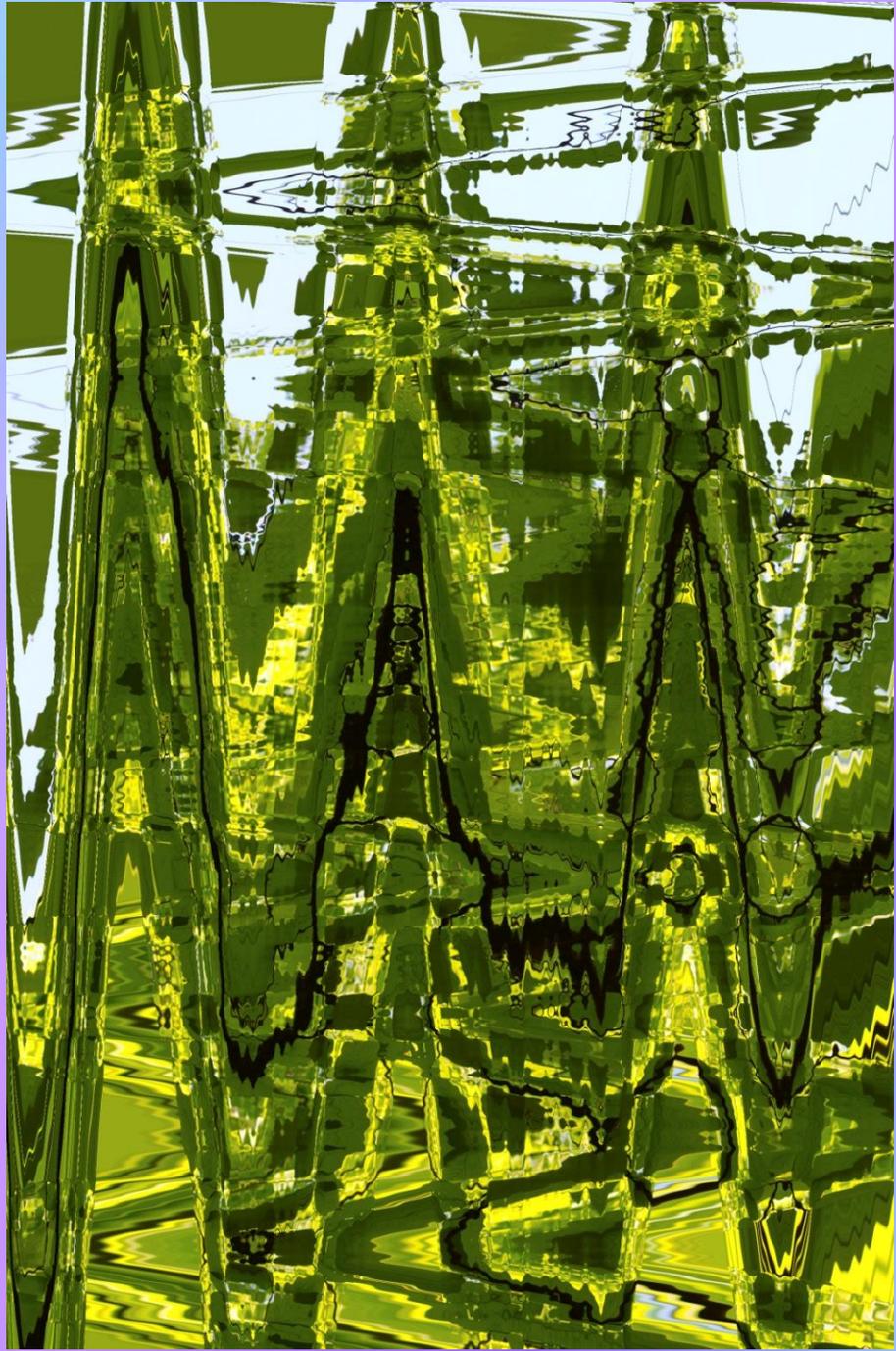
Square—visual organization and stability. Rectangles more fluid

Circle—becomes most important thing in picture. Oval not as strong but can orient

Never exact but they help you set up your picture





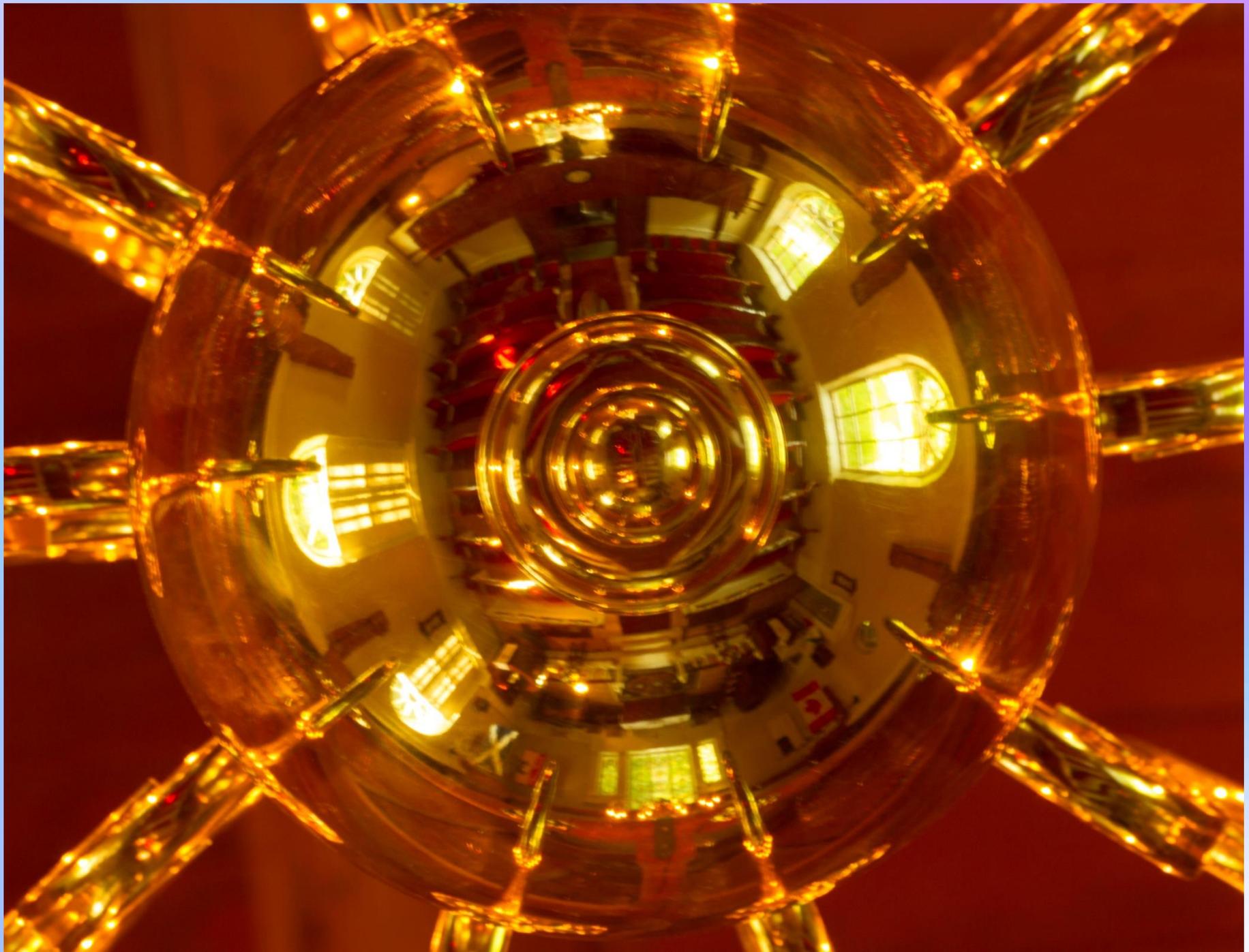


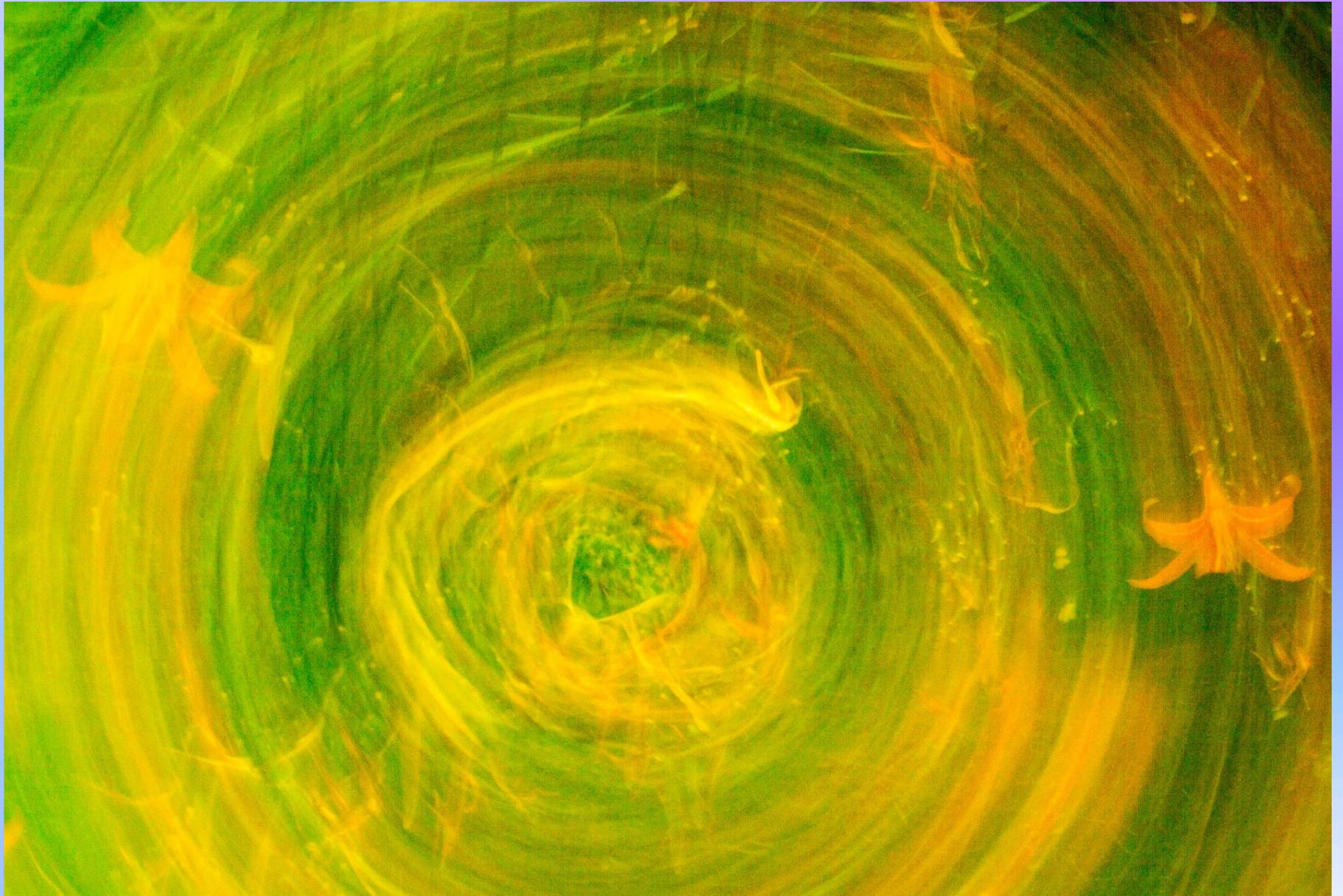












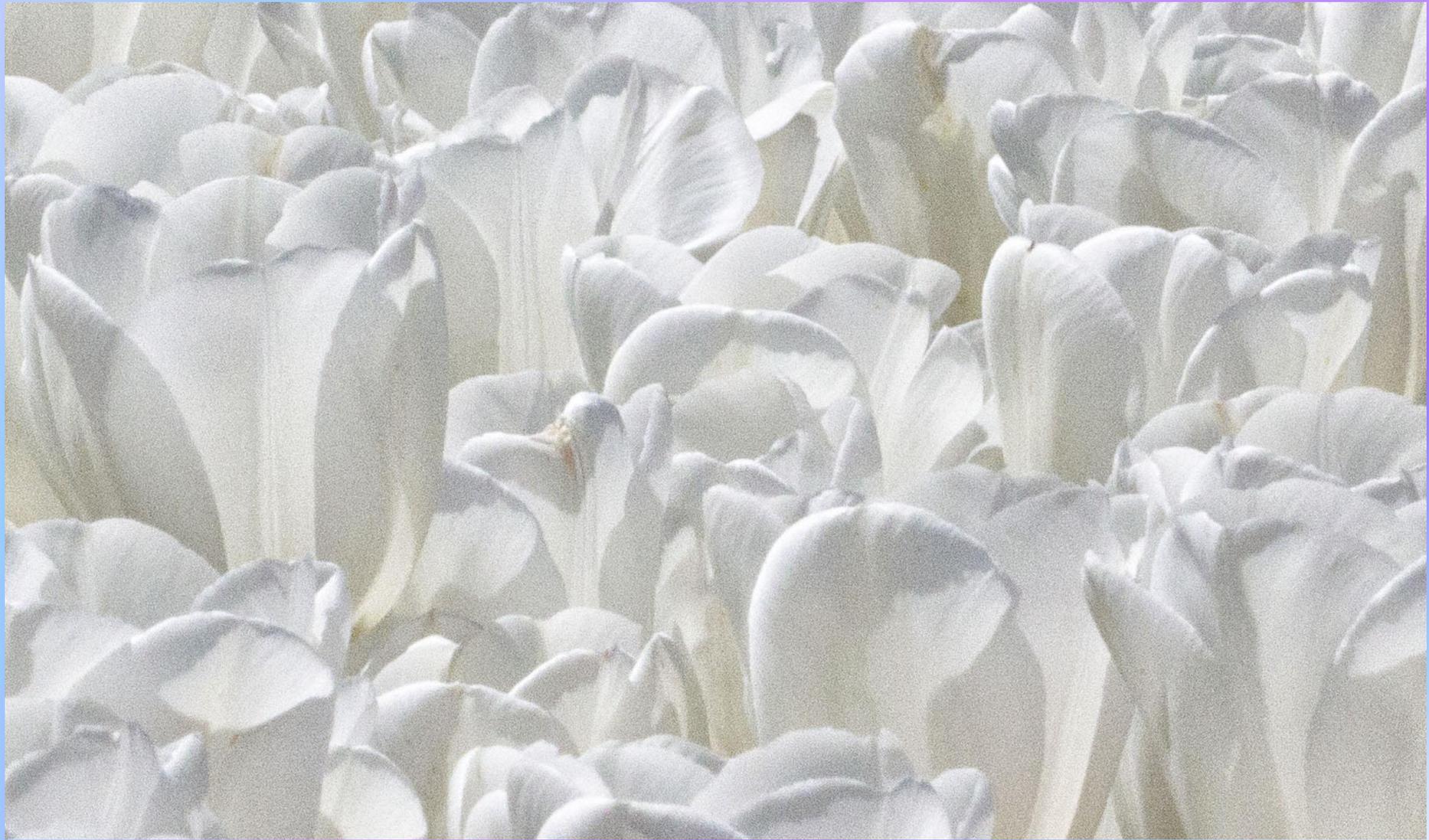
Texture

Illusion of fabric or weave.

Related to sense of touch

Threads visible or interact

Feeling of texture changes with the
distance viewed







Perspective

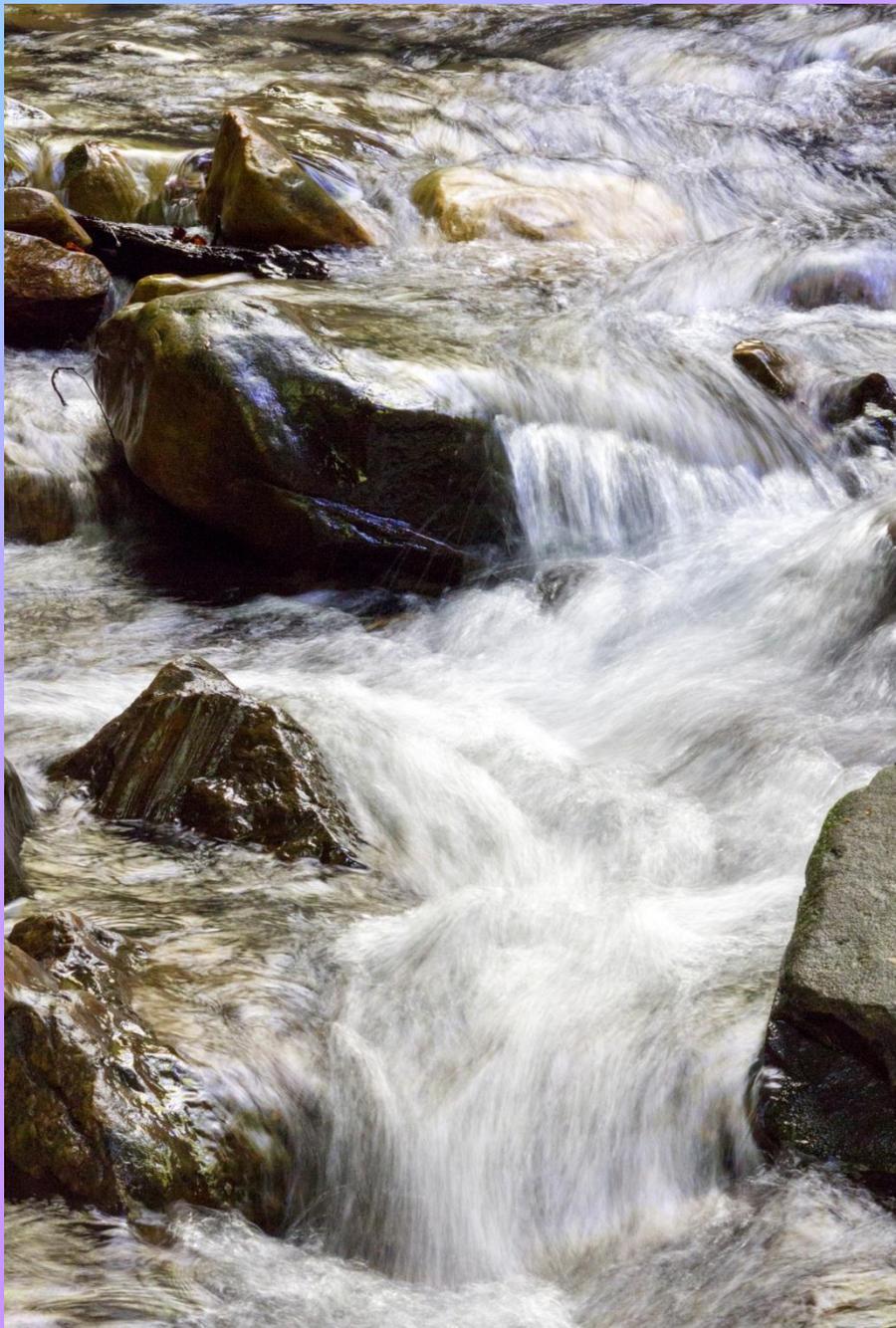
Illusion of depth or distance on a flat surface

Deforms space in relation to what's in the distance

Tonal contrasts—we see dark as further away than light

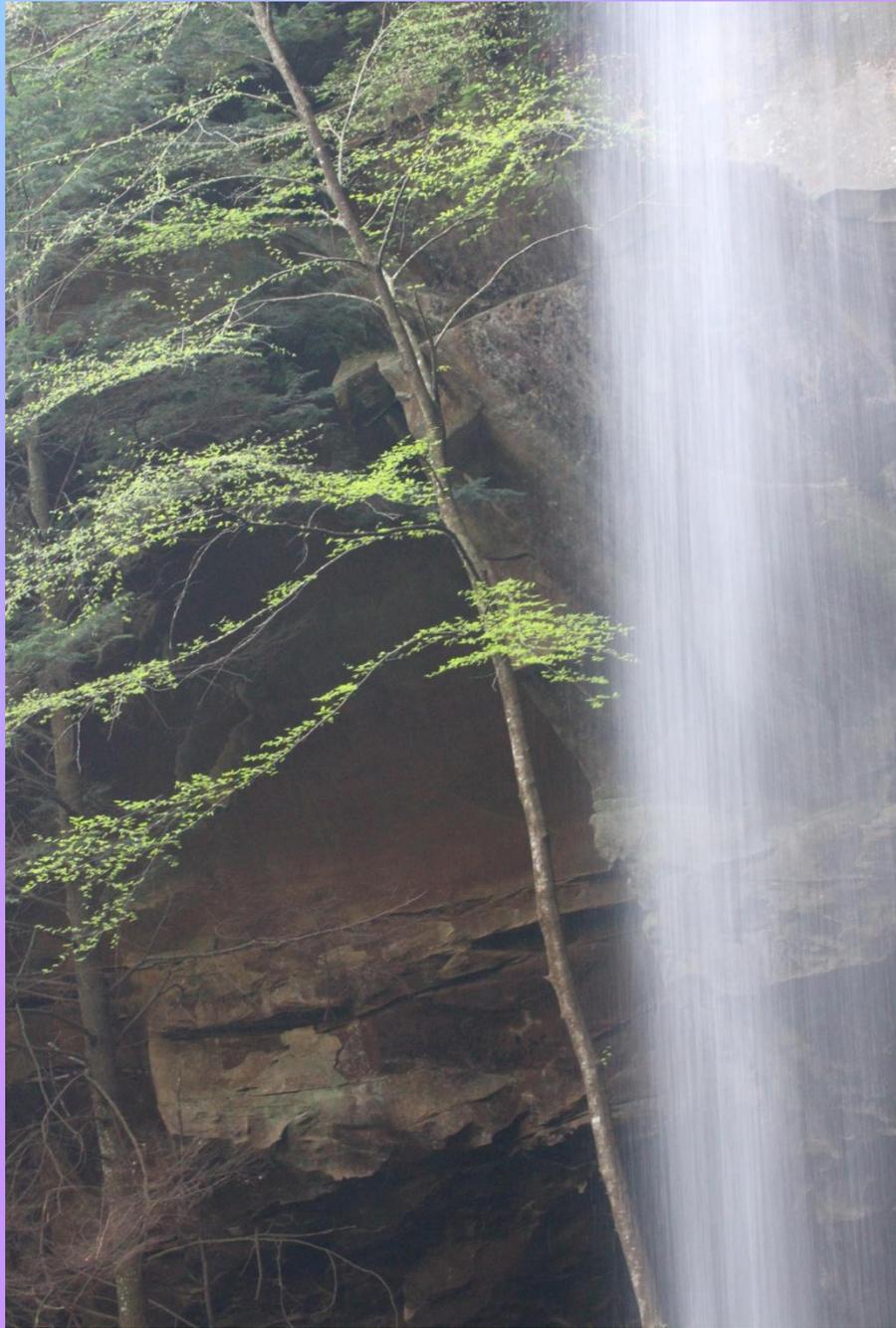
Sometimes no need for perspective

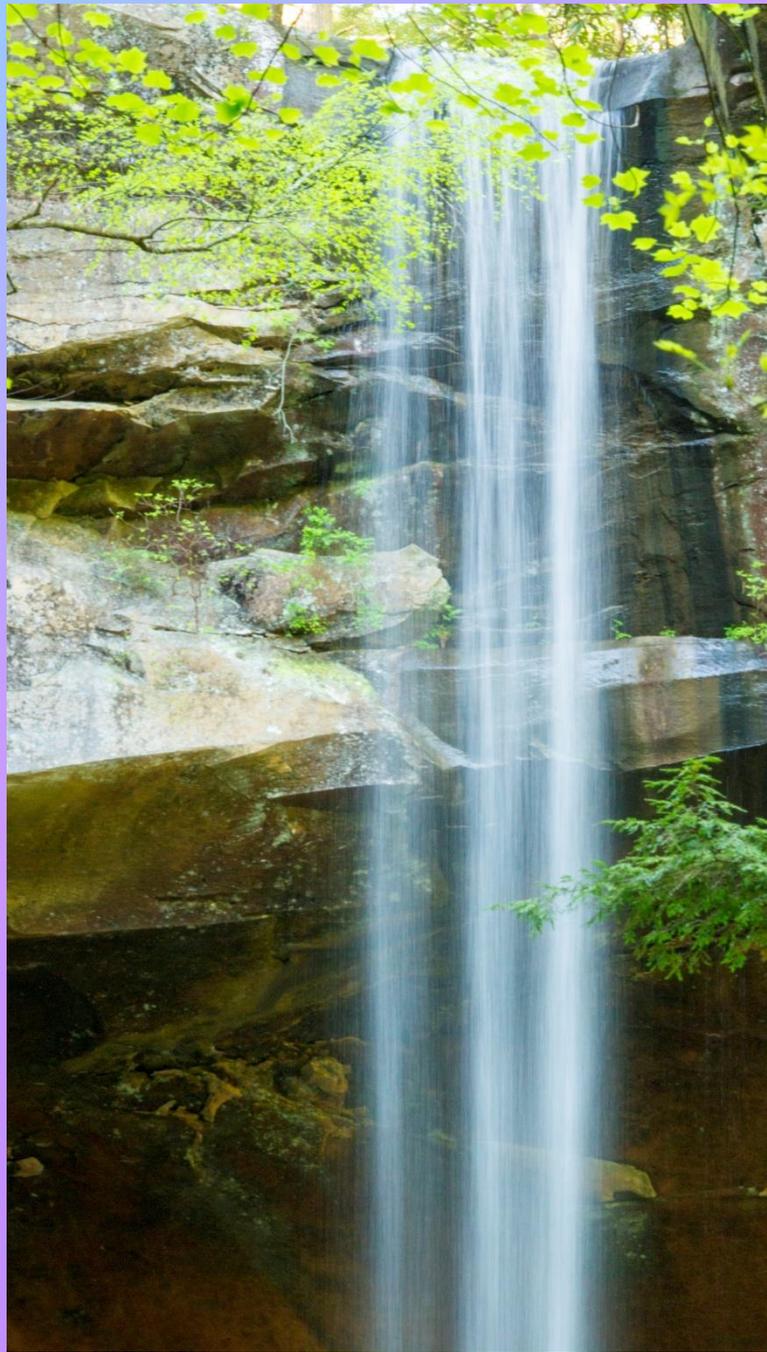
Where you take the picture from











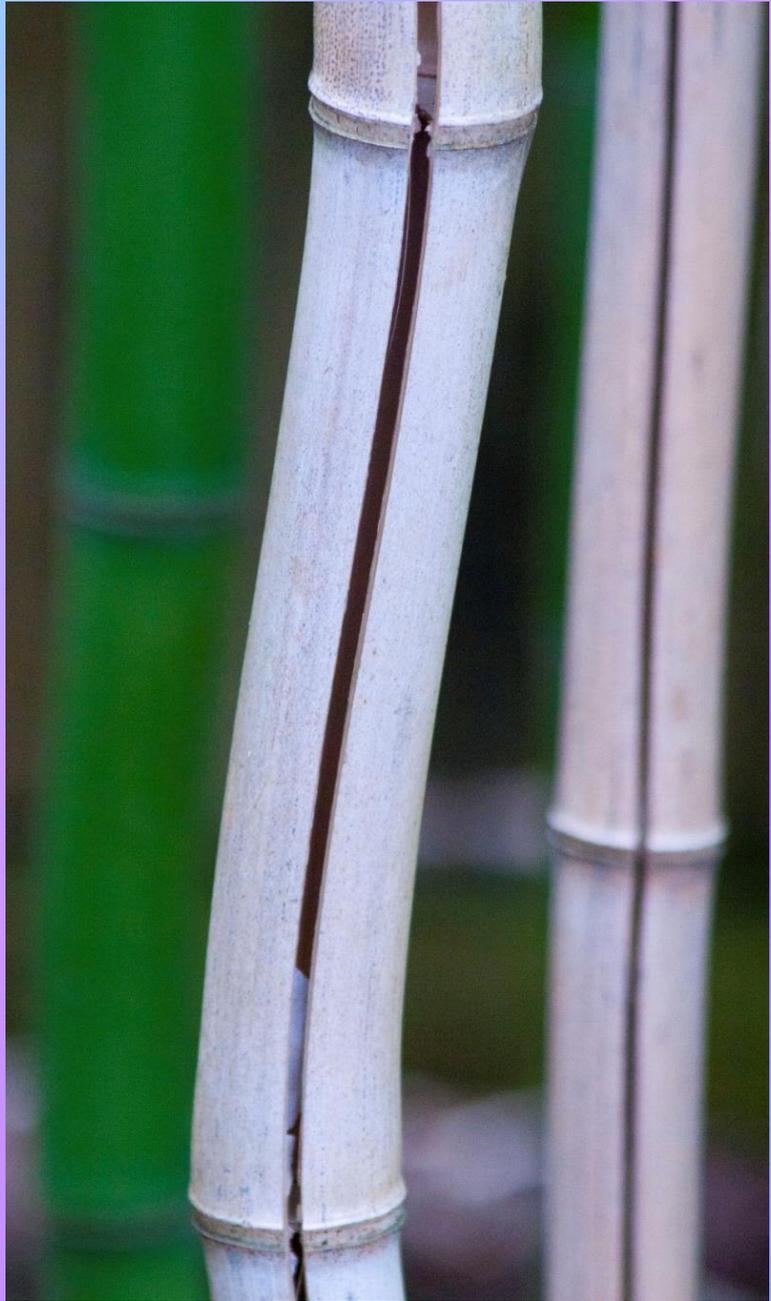


How you arrange and balance the building blocks in the photograph

Use of space—how you fit things in the frame, what dominates, balance between elements, recurring themes, etc.

Visual weight—size, shape, color, bright areas [white, red, orange and yellow carry more weight],

















Tips:

Rule of Thirds

Divide image into thirds horizontally and vertically. Often the most pleasing location is where the lines cross.







Watch your
back-ground





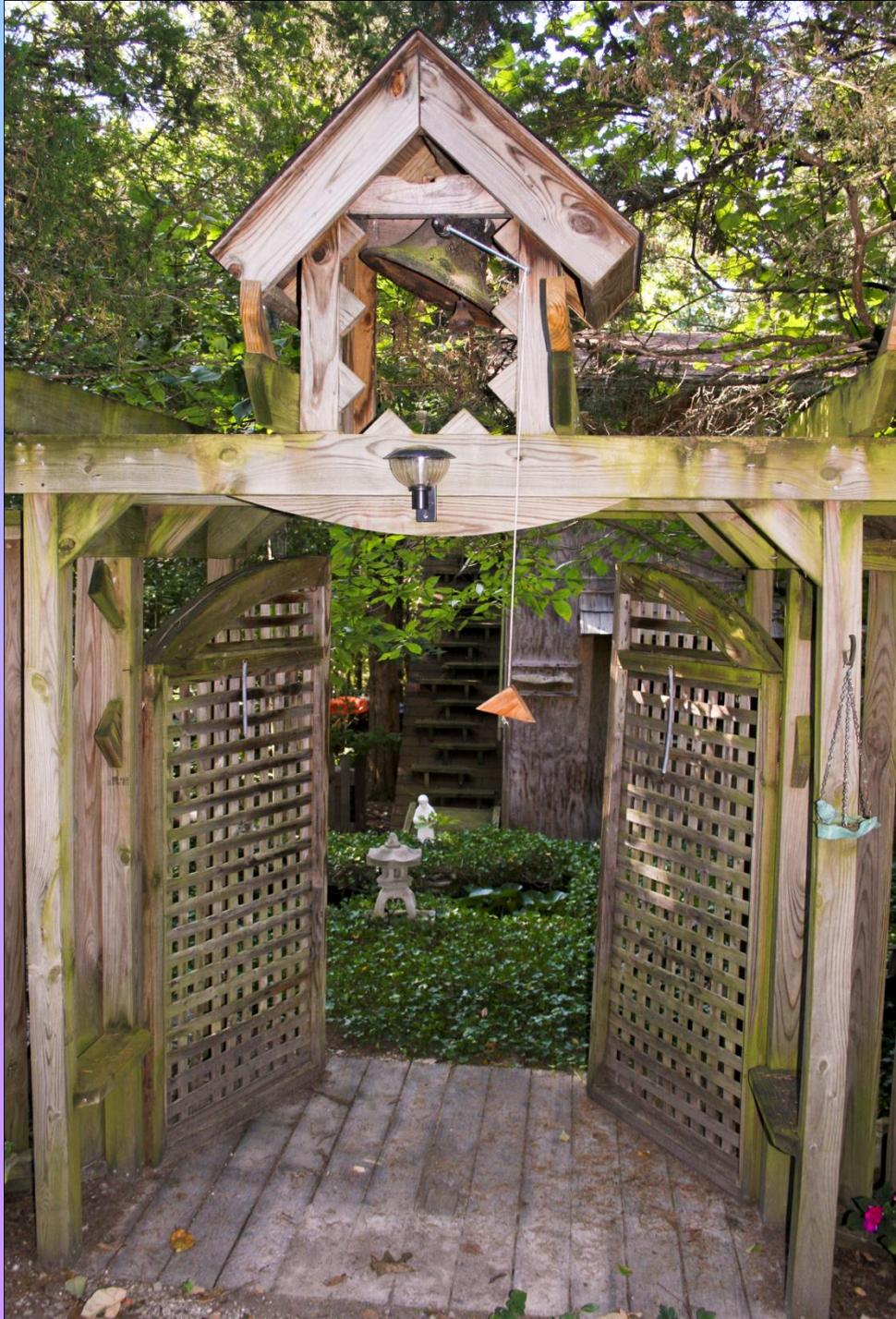








Framing









Cropping

Keep the main thing the main thing.

Get rid of extraneous elements.

Ask yourself, “What attracted me to this subject?”







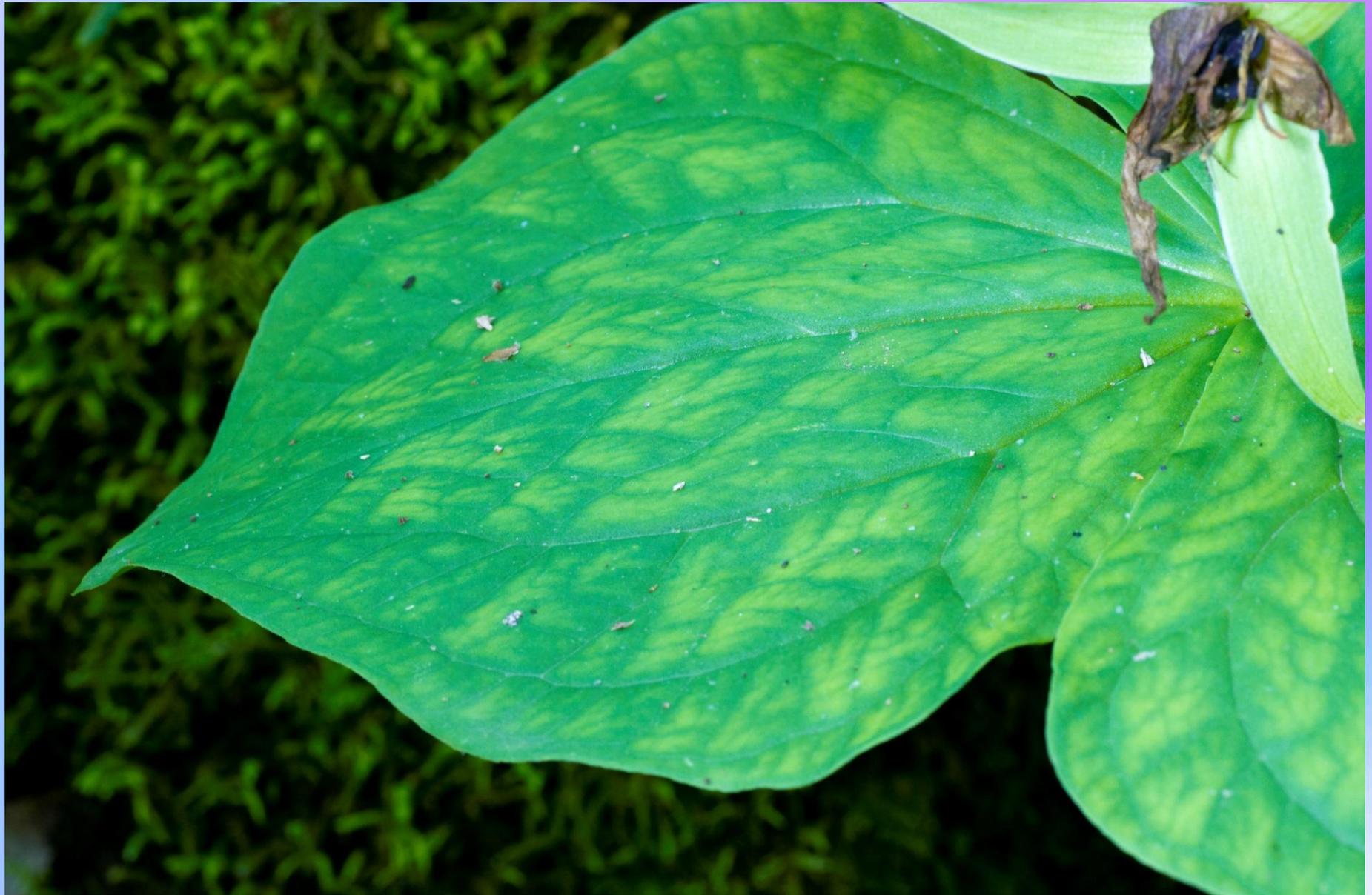








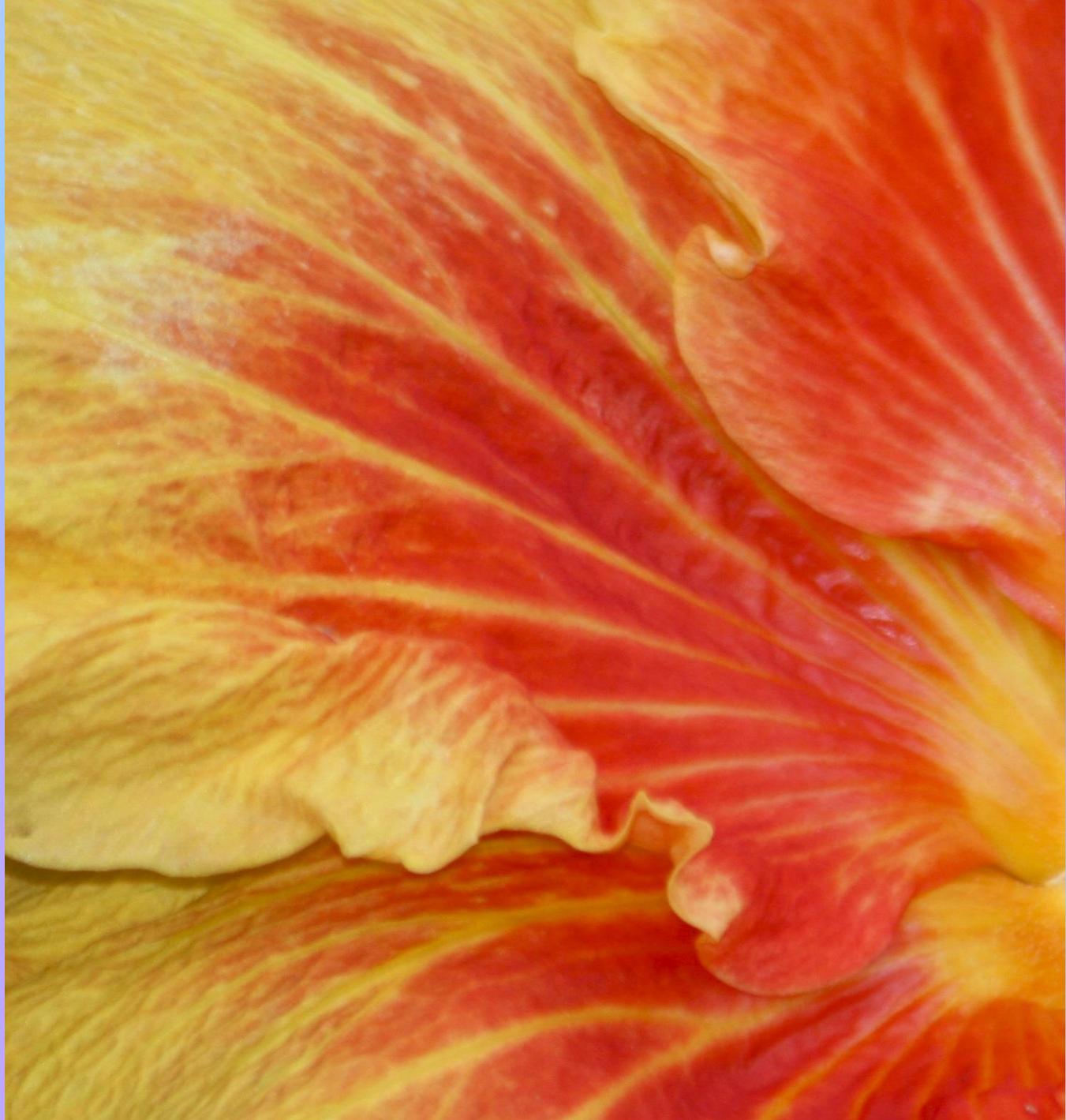












Experimentation

Translation: Enjoy your self











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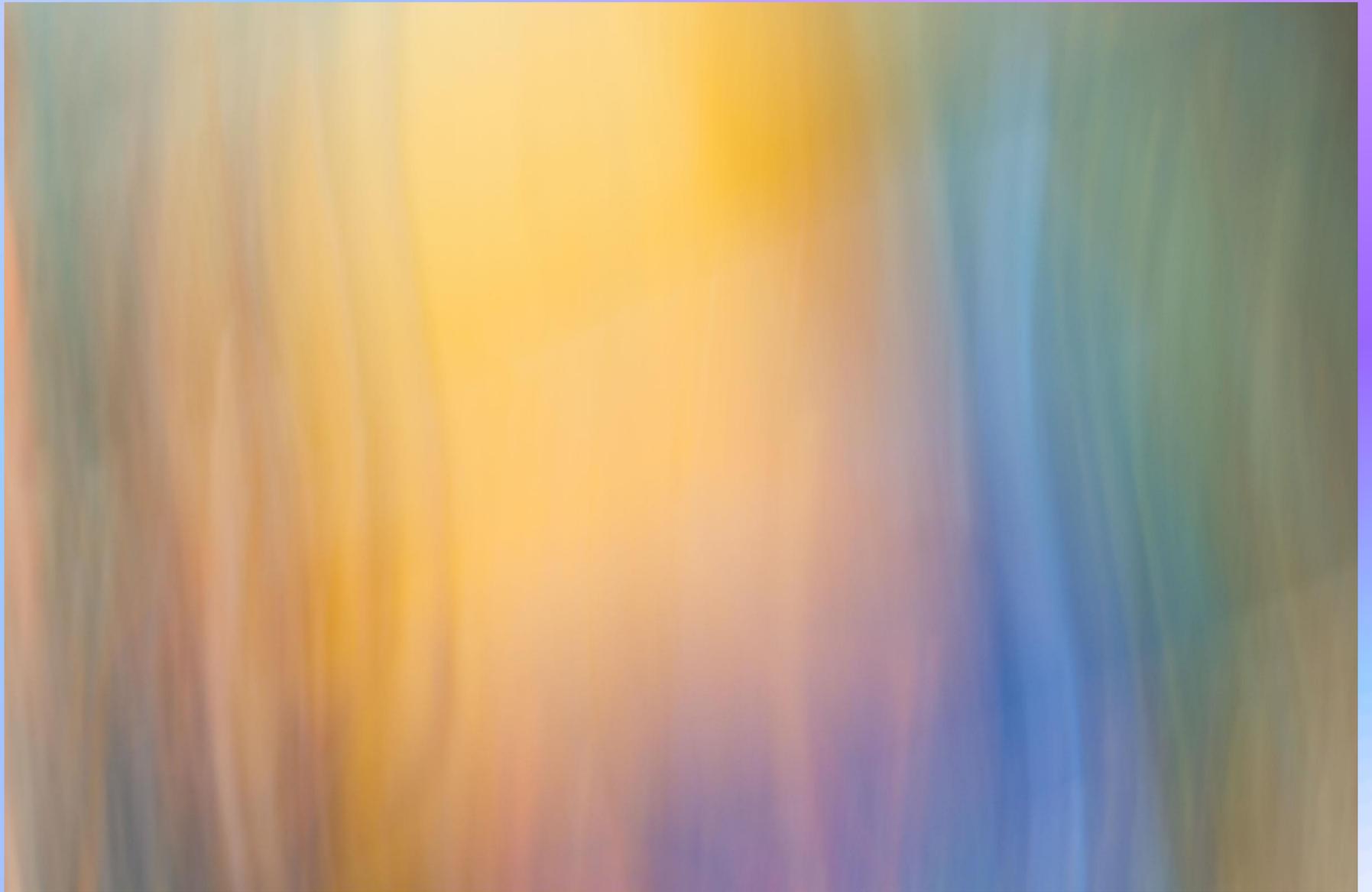












To create is to bring forth, to combine in a new way previously separate items, thoughts, images, patterns, ideas, dreams into something new or better, something more beautiful or more expressive. It is seeing differently.

When we create something, we have seen differently, which is a gift to the creator as well as well as to others. Getting our images, our work out to others is a critical part of the process. Putting our creations into the world is another way of saying “Thank you!”, of sharing our gift, the vision we’ve had which has come into being. But there is more. When we share our creation, we are also inviting others to see differently, to move “blindness, to enlarge their own way of being in the world.



Feel
Articulate
Technology

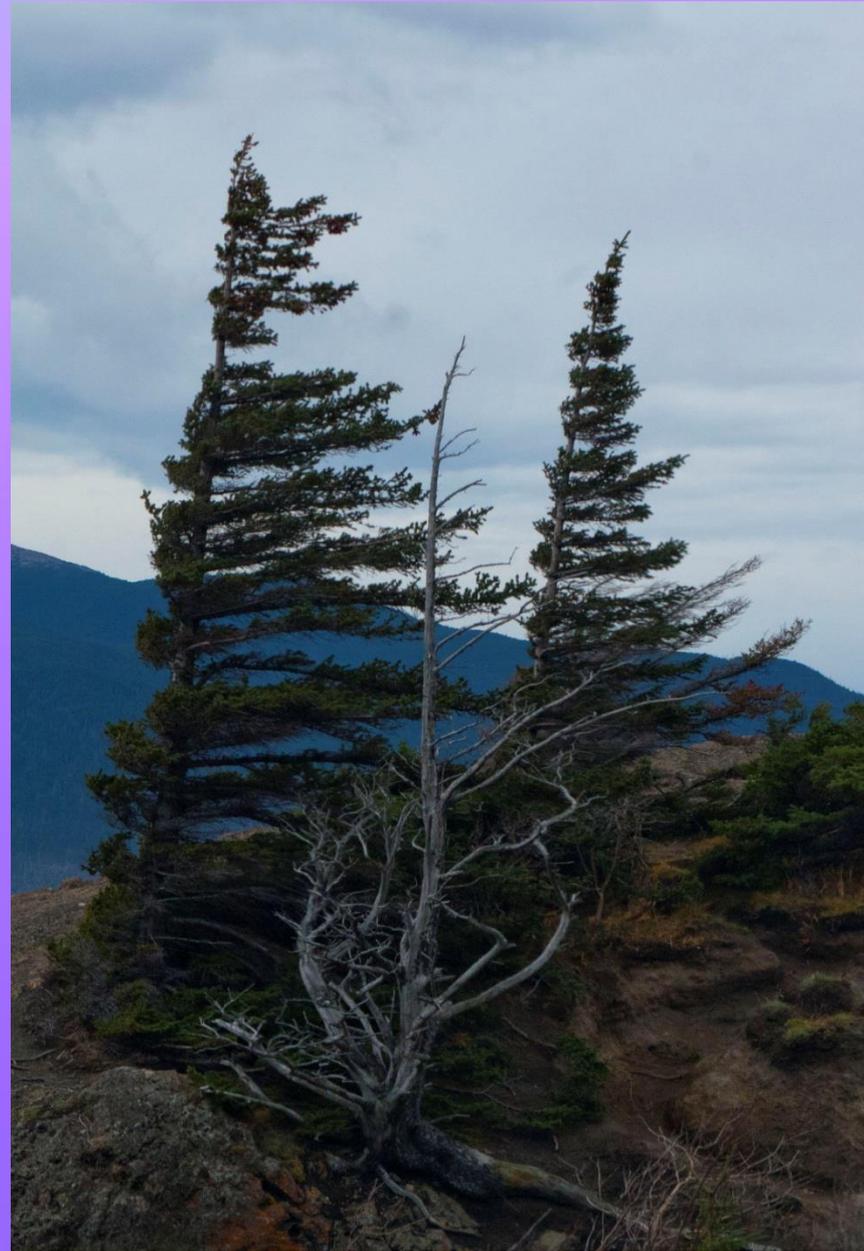
Feel

What moves you?

What attracts or
repels you?

What evokes feelings?

What takes you?



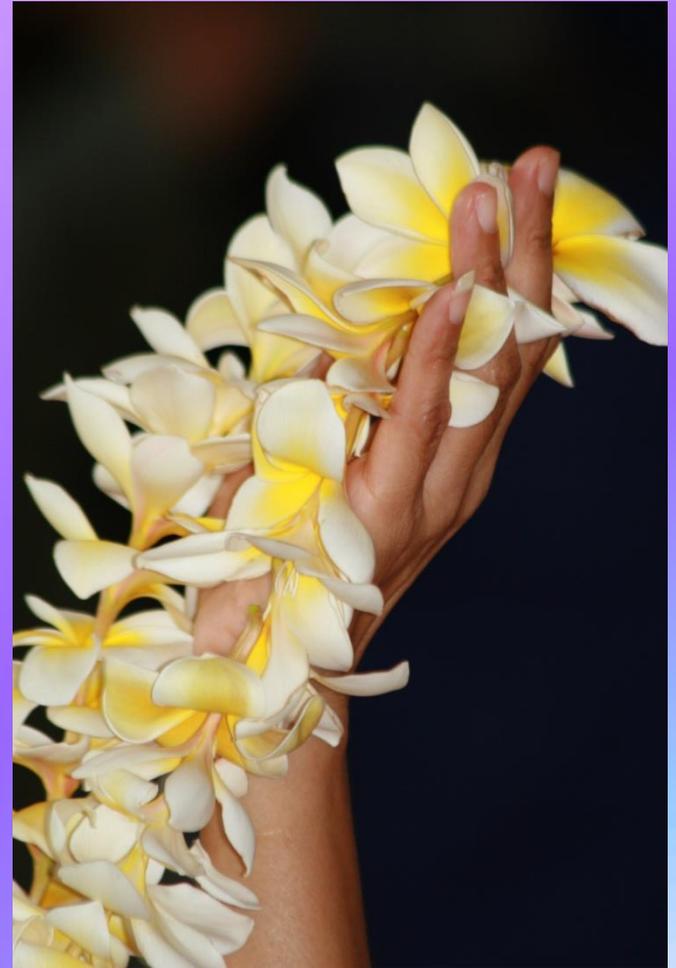
Articulate

Identifying the
feeling(s)

What's the story?

What's the point?

What attracted you and
why?





Technology

How do you tell the story?

Given what you know, how do you tell the story/share/make the point?

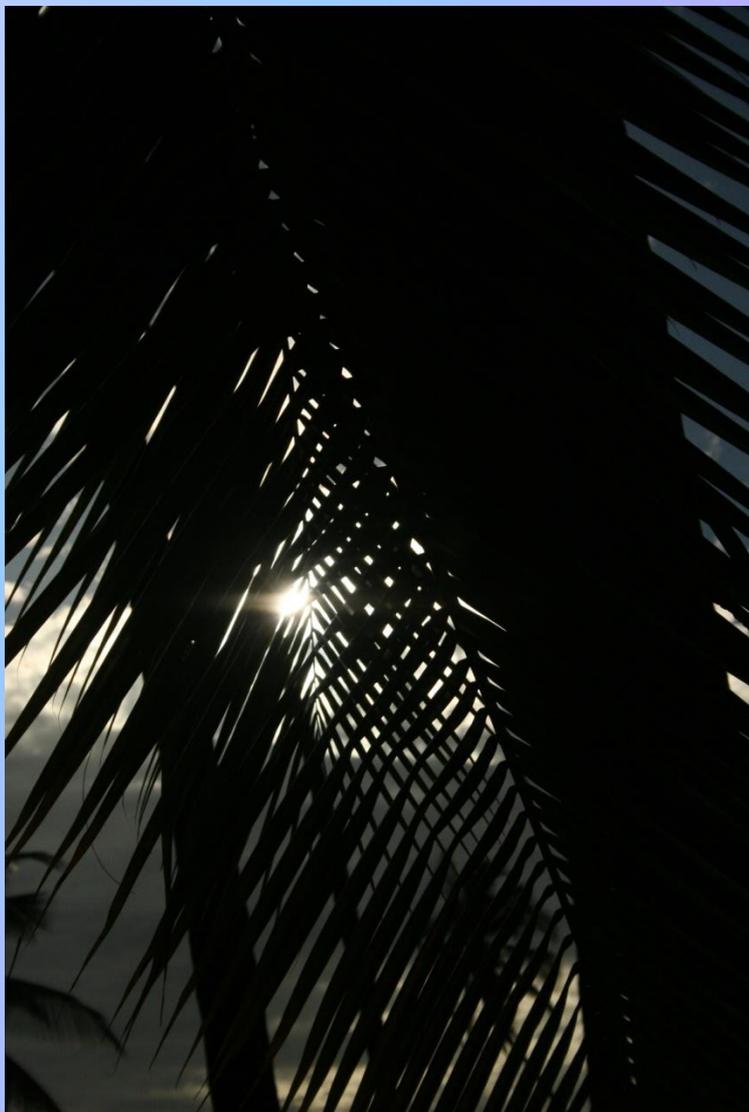
Setting up the photo

What distracts from the main point?

What contributes?

Creativity is a corollary of
salvation.

Mary Cosby of Church of
the Savior



Where or how
have you
participated
in
F.A.T.?

The Creative Team Within Us

1. Explorer
2. Artist
3. Judge
4. Warrior



