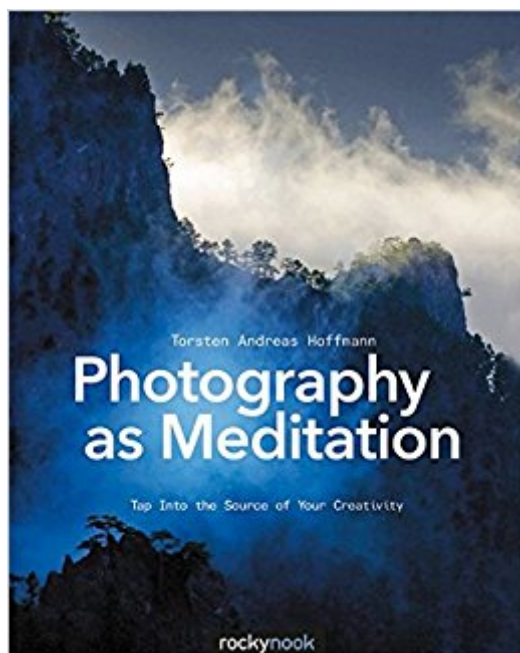


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# Photography As Meditation: Tap Into The Source Of Your Creativity



## Synopsis

For many people, photography serves as a form of meditation; a way to separate themselves from their stressful lives. In this book, Torsten Andreas Hoffmann explores an approach to artistic photography based on Japanese Zen-Philosophy. Meditation and photography have much in common: both are based in the present moment, both require complete focus, and both are most successful when the mind is free from distracting thoughts. Hoffman shows how meditation can lead to the source of inspiration. Hoffman's impressive images of landscapes, cities, people, and nature, as well as his smart image analysis and suggestions about the artistic process, will help you understand this approach to photography without abandoning the principles of design necessary to achieve great images. Photographing busy scenes, especially, requires an inner calm that enables you to have intuition for the right moment and compose a well-balanced image amidst the chaos. The goal of this book is to develop your photographic expression. It provides enrichment for photographers who believe that only technical mastery produces great images and shows how important it is to engage with your own awareness to act creatively.

## Book Information

Paperback: 256 pages

Publisher: Rocky Nook; 1 edition (October 24, 2014)

Language: English

ISBN-10: 1937538532

ISBN-13: 978-1937538538

Product Dimensions: 8.1 x 0.6 x 10 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 3.7 out of 5 stars 13 customer reviews

Best Sellers Rank: #892,519 in Books (See Top 100 in Books) #93 in [Books > Arts & Photography > Photography & Video > Individual Photographers > Essays](#) #282 in [Books > Arts & Photography > Photography & Video > Criticism & Essays](#) #1012 in [Books > Arts & Photography > Photography & Video > Equipment, Techniques & Reference > Reference](#)

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Zen will lead you to a photographic view of the world that is inspired directly from the silence and impartiality of your mind, leaving behind the preconceived concepts of how the world should be. The subject of a portrait does not have to fit the classical ideal of beauty. This peasant worker in Nepal wears the remnant

tracks of life on her face and hands. The picture reveals a true depiction of the subject. This image symbolizes Eastern thought. It depicts an attempt to explore the "big picture" through meditation and the power of intuition. The closed, centered composition of the photograph emphasizes the idea of wholeness. A fundamental concept of Buddhism is that the origin of all things is beyond words.

Torsten Andreas Hoffmann is a photographer, author, and photography workshop instructor. He specializes in black and white photography and conceptual photography. Since 2003, he's written articles for *Photographie*, LFI (Leica Fotografie International), *c't special Digitale Fotografie*, and *Digitalis Foto* (Hungary). In his workshops, he guides his participants toward understanding and accessing their own visual aesthetic. Hoffman is internationally known for his coffee table book, *New York, New York*, a subtle debate on the events of 9/11; published by Kunstverlag Weingarten. Another of his titles, *The Art of Black and White Photography*, published by Rocky Nook, is already in its 2nd edition. Hoffman also publishes art calendars with publisher Kunstverlag Weingarten, Dumont, and *ars vivendi*. Born in Duesseldorf, Germany, in 1956, Hoffmann studied Art Education with a concentration in photography at The Braunschweig University of Art. His images can be seen in many exhibitions at renowned galleries such as: Leica Galleries, Salzburg and Frankfurt, and *imago-fotokunst*, Berlin. He is a member of BBK Frankfurt, LOOK photo agency Munich, and the German Society of Photography (DPPh).

I bought this book because I wanted to learn how I can improve my photography skills. I am an accomplished nature photographer and felt that I needed some help with my attitude. This book is not a photography how to. This book will help any visual artist get the most out of their art by helping you better understand how to "see." I shoot my best pictures when I am really mentally in tuned to my subject, not when all of the camera's settings are photographically correct. And, this book is helping me appreciate the process of Zen photography.

This book has promise, but the author ends up rattling off platitudes, suggesting that he really doesn't know that much about meditation. And his photos aren't that great either. Nothing in this book made me feel like I had learned anything, or discovered a different way of thinking about photography. Perhaps people who know nothing about meditation may find this book interesting.

This book is a self help tool for growth. I enjoy reading it and thinking about the author's points.

Helpful to add slow, contemplative photography to my repertoire.

Loved it

Instructive and clear thinking. A good treatment of the connections of stillness and visual sensitivity almost a Dharma talk

excellent. mindfulness on photos .inovative

Good one!

Excellent commentary and unique pix

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