

Your Inner Gift: Cultivating the Art of Simplicity in Photography

Session 3: *The “I” – seeking simplicity within oneself*

*** Exercises ***

- **Exercise S3-1: *Decisive Moment***

Watch this (20 min long *YouTube* video) on Henri Cartier-Bresson’s “decisive moment”:

<https://www.youtube.com/watch?v=hyhMqDfmG9o>

This wonderful video shows you how this great “photographic sage” artist went about doing photography. It also exposes you to many of the key principles that have thus far been presented only in an abstract fashion. Cartier-Bresson did not just understand these principles, he was their living manifest form!

- **Exercise S3-2: *Zazen***

Watch John Daido Looi’s *YouTube* video, “Introduction to Zen Meditation: The Still Point,” that was filmed a year before his death in 2008:

<https://www.youtube.com/watch?v=E9b4FbGIVSE>

The video is 10 minutes long, and is among the very best introductions to *Zazen* that I have seen. It is certainly the place to start your practice, and – I hope you agree after viewing it the first time – welcomes repeated viewing. An additional resource that I urge all of you to at least look at is Looi’s book, *Finding the Still Point: A Beginner’s Guide to Zen meditation*. It is more of a booklet (barely 100 pages long and measuring 7-by-7 inch in size) and is accompanied both by a CD that contains a 10 minute and 30 minute time *Zazen* sessions (along with guidance provided by Looi himself), and a small selection of Looi’s own Zen-inspired images. As of this writing (10 Aug, 2017) the hardcover is available for \$8 and change on Amazon, which is a steal.

- **Exercise S3-3: *Csikszentmihályi's TED talk***

Watch Csikszentmihályi's TED talk on “Flow, the secret to happiness,” that he gave in 2008:

https://www.ted.com/talks/mihaly_csikszentmihalyi_on_flow

It runs a bit less than 20 minutes, but is worth every second of your attention. It is filled with incredibly deep insights on not just what “flow” is (and articulated so much more eloquently than my short description) but gives practical advice on how to achieve it. The workshop page contains additional links to a short essay and presentation slides.