

## **Beginners Eye Contemplative Photography**

Beginners Eye is based on the Zen notion of “beginners mind”, an open and spacious place where we are completely receptive, totally present and connected to the wonder of each moment. It is a pure, clear seeing awareness where everything is fresh and new. It is a relaxing, spiritual exploration using contemplative photography as a way to deeply observe and connect with the wonders of everyday life. It is a delightful blend of mindfulness, contemplation, and meditation as it is reflected and expressed through our own photography and Haiku.

The practice of Beginners Eye helps us to discover the fascination and beauty inherent in the small and deceptively trivial patterns, colors, and textures that exist in the world around us. It helps to enhance our connection and oneness of things along life’s journey, and reminds us that everything which comes into our awareness, we are experiencing for the first time.

**Supplies:** Any digital camera is good, from a cell phone to a DSLR or anything in between!

**To find out more about this unique retreat and others, please visit [www.taucenter.org](http://www.taucenter.org).**

Tau Center offers diverse programs and sacred spaces where people can nourish their spirit.

