



# Photograph with an Artist's Eyes

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Seeing from Both Sides Now

# This series is about Seeing

Seeing from Both Sides Now

*“The intuitive mind is a sacred gift,  
and the rational mind is a faithful  
servant. We have created a society that  
honours the servant and has forgotten  
the gift.”*

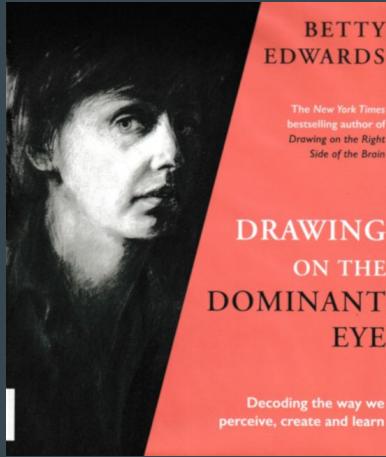
Albert Einstein

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# Seeing things in the clouds

When you gaze at the sky without a specific focus, you might notice shapes in the clouds that look like familiar things. This is called pareidolia—it's when your brain's creative and visual side gets a chance to wander.

Today, we'll use deep seeing to let our camera tap into this imaginative part of the brain and let it roam freely, capturing interesting and creative shots.



# Betty Edwards

two ways of seeing and thinking

In her recent book “Drawing on the Dominant Eye”, Betty Edwards contends that your eyes supply images for two ways of thinking.

The dominant eye is like the boss for our verbal and analytical thinking—it's the one that names and recognizes things consciously. On the other hand, the non-dominant eye is more subtle. It's always quietly observing, taking in everything like movement, shadows, colour, and texture, but you might only really notice these details when there's something urgent or important happening.

# Finding your Dominant Eye



1. Choose an object in the distance.
2. Form a triangular shape with your hands and use it to frame the object.
3. Keep your focus on the object.
4. Slowly bring your hands and the triangular opening back toward your face.
5. The triangle will naturally align with your dominant eye.

This method was supposedly used by English's longbow archers around the time of the 100 Year War.

# Task for Today - Pick a Subject



We're each going to choose something to take pictures of and the goal is to capture 3-6 photos. The twist is that we won't just focus on the thing itself; instead, we'll look at what's around it and try to use the foreground or background to tell a story. We might even find shapes or patterns that remind us of the subject (pareidolia).

## Some suggested Subjects

Shapes	Nature	Human
<b>Circle</b> , Curvaceous	<b>Tree</b> , Growth	<b>Face</b> , Seeing, Camera
<b>Lines</b> , Path, Horizon	<b>Water</b> , Lake, Rain	<b>Feet</b> , Underfoot, Shoes

# Looking past the subject, things supporting the focal point



- Big Negative Shapes, Balance
- Contrast In Tone, In Colour or Texture
- Convergence (point too, leading lines)
- Isolation (same < > different)

Look for things of visual interest, that can catch and slow down your eye but return it to the focal point.

# Spending Time in the Present

Taking time to really pay attention to what's happening around you is beneficial. It might seem hard at first, but if you let go of overthinking and just let your mind focus on the present moment, it can lead to a state of flow where you feel restored and creative.

As you continue practicing this deep focus, especially when taking pictures, you'll discover your own unique way of doing things—your photographic style and the subjects you like. This process can help you figure out more about yourself, answering questions like "**Who am I?**" and "**What do I want?**"



# Sharing what you have photographed



Sharing your photos is entirely optional, but you may want to share your final set of photos with other walkers in a private group.

## IPadlet with MAPH

Or you may prefer to showcase your photographic work to a wider audience on social media platforms such as Instagram, Pinterest, and Facebook. Make sure to use the #hashtags **#MAPhPhotoWalk** and **#Seeing** so we can find and follow you.



# More about Norm

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