

The Art of Intuitive Photography

Mindy Veissid



Who am I?

What is intuition?

Wikipedia definition:

Intuition is the ability to acquire knowledge without inference or the use of reason. The word 'intuition' comes from the Latin word 'intueri', which is often roughly translated as meaning 'to look inside' or 'to contemplate'. Intuition provides us with beliefs that we cannot necessarily justify.

What is “intuitive photography”?

A creative way of capturing images.

Photography based on feeling and sensing.

A style of shooting that allows you to be in the moment rather than being stuck in your head.

Allows you to be flexible and free to easily move and shoot without being burdened with equipment or technical decisions.

What can intuitive photography do for you?

Allows you to experience photography

Helps you to see clearer

Your senses help guide you

Releases fear of having to capture a technically perfect photo

How to shoot intuitively in 6 easy steps

First step: Set the camera so you don't have to think too much when you're shooting.

Second step: Allow yourself to let go, forget the technical aspects.

Third step: Relax and calm your mind.

Fourth step: Allow yourself to be led to objects by your feelings.
How does your intuition manifest in you?

Fifth step: Don't listen to the little voice in your head that says you can't do it, trust yourself.

Sixth step...

HAVE FUN!

See the world in all it's wonder and beauty.

Become part of it, immerse yourself fully into it, experience it.

Intuition, where are you?

There may be times when you go out and you're not feeling it. That's ok! Everything is cyclical. Relax, and try again tomorrow.

Practice, practice, practice! Strengthen your intuition by trying to tap into it as often as possible.

Two tips for getting better photographs

Shoot in not so perfect conditions - when the weather is bad, go out and see where your intuition leads you.

Photos should have depth/layers to them, or tell a story.

Things to remember

We all have intuition we just need to work on strengthening it. It is a workout - but one more fun than going to a gym!

Be gentle on yourself, and don't put any pressure on getting successful images.

Calm your mind, be patient, and enjoy!

Art of Intuitive Photography Classes

- Visit www.artofintuitivephotography for class information.
- All of our group classes can be found and reserved on www.Meetup.com.
- Private sessions available