



# Photography as Meditation: Tap Into the Source of Your Creativity

*Torsten Andreas Hoffmann*

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## **Photography as Meditation: Tap Into the Source of Your Creativity** Torsten Andreas Hoffmann

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.



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