

Street Photography Meditation

Street photography can be seen as a form of *meditation*. The act of walking, recognizing the patterns between nature and human behavior, while creating art and following intuition is an experience that keeps one grounded in the now.

God is in Your Gut

Go Slow and Let Life Flow

Walking and being outdoors is the greatest privilege and modern luxury. While photographing on the street, it's essential to go slowly and allow life to flow towards you. There's a common misconception that photographers rush around hunting for the decisive moment. However, walking at a turtle's pace allows for greater awareness and ultimately leads to capturing more photographs. To enter a state of zen, it's beneficial to walk very slowly on the street.

Wearing **Vibram Five Finger ELX shoes** enhances the connection with the Earth, allowing for a deeper sensory experience with every step taken—walking with intention and intensity.

Leave the Phone at Home

Distractions take us out of the zone. While on the street, it's crucial to remain focused, avoiding superfluous interruptions from phone calls, text messages, emails, and social media. Leaving the phone at home can help enter the Zen zone.

Fasting is Critical

When out capturing moments, being fasted helps maintain alertness and a sharp mind. Fasting enhances focus on the scenes in front and keeps one mentally agile. Adopting a hunter's mindset can be a wise approach to street photography.

Embrace the Chaos

Embracing chaos rather than striving for a meditative state can lead to a more intuitive practice. Instead of overthinking surroundings, let moments come naturally. Shut down all thoughts and become one with the street. The more one reacts from the heart and intuition, the more they will capture.

To Photograph is to Ask Questions

Meditation involves contemplation and thinking deeply. In street photography, each photograph serves as a question about life and the world. Treat each capture as a question mark, affirming life and embracing fleeting moments. Photography is fundamentally about curiosity and maintaining a playful spirit like a child, asking questions about the surroundings.

Peace Amongst Chaos

Amid the chaos of a street corner or bustling markets, there exists a unique peace. Finding tranquility in the unpredictability of everyday life reveals a deeper connection to the environment.

Solitude is Zen Bliss

Walking alone can be a form of bliss. Solitude should not be confused with loneliness; instead, it allows for introspection and a deeper understanding of the world. Free from distractions, one can immerse themselves in the intersection of order and chaos.

Connected to the Now

Ultimately, photography grounds one in the present. Every fleeting moment and intricate detail presents opportunities to recognize the beauty in the mundane. Let photography fuel your lust for life, staying curious and following intuition as you engage in the meditative practice of street photography.