

Handling Grief by Making your own Contemplative Photos

I first heard the term “contemplative photography” from a professor. I was immediately drawn to the idea. It became a real help to me in handling grief emotions.

This type of photography focuses on the emotions a photo stirs within you. It is about your way of seeing the world. As you look at a scene or image, you take time to reflect and notice what the image is touching within you. What is drawing you? What feelings are being stirred?

Tell Your Story Without Words

Making books of photos that reflect my emotions is something I did over the year of my grief journey. Handling grief is never easy, but simply wandering around the backyard with my camera can provide new perspective. Life and death exist side-by-side in nature and somehow that calms me. It helps me trust that there is order in the universe even when my own world doesn't look orderly.

Making your own photo book can be as easy as pasting your developed photos into a journal book and writing your reflections. If you enjoy making digital images, it is easy to make digital books using computer software. I love to make the small size books with two-page spreads, one of my photos on the left and my journal reflections on the right.

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<http://www.journey-through-grief.com/dealing-with-grief.html>