

Widen the Lens – A Manifesto of Sorts

Pause. Focus. See Possibilities.

Contemplative living is seeing life exactly as it is. It's about saying yes to whatever comes your way and responding with compassion for yourself and others. It's about knowing that the lens through which we see the world is always limited.

Living a contemplative life is not a solitary pursuit; it is about experiencing life as the adventure it is meant to be.

Here are the steps (practices).

- * Open the lens – we don't see unless we're open to receive.
- * Be curious – clear the lens of any filters and judgments.
- * Pay attention – look deeply. There is always more to see after the first glance.
- * Experience wonder – find the magic in the frame. It is there waiting for you.
- * See possibilities – by looking at different perspectives. There are always an infinite number of ways to respond to anyone or anything.
- * Be humble - see everything as worthy. Let go of “beautiful” pictures. We can learn from everything.
- * Accept this moment – or go with the flow. This is what you are living with right now. It is fleeting.
- * Keep it simple – discern what is essential within the frame and in life. Let go of everything else.
- * Connect with what you see – click the shutter. Relationships are what life is all about.