



Sensing the Spirit

A Whole Body Experience of Pilgrimage with the Senses



A Contemplative Photography Practice

- Take a few minutes to center yourself. Sit quietly and focus on your breath.
- Take your camera and go for a walk. Wander without agenda. This is a pilgrimage.
- Be open to noticing things. When something attracts your attention, notice that. Take a picture if it feels right.
- Spend some time doing this.
- Return home or to a place where you can settle.
- Spend some time in meditation, prayer, or reflection.
- Prayerfully look at the pictures you took. What catches your eye?
- What metaphor or spiritual insight comes to mind when gazing at the photo?
- Try writing about this picture.
- Don't forget to share your insights on our Facebook page!

Adapted from [The Contemplative Society](#).