



PHOTOGRAPHING FROM THE INSIDE OUT

Complete Field Guide

PART 1: REMEMBERING WHAT WE COVERED

THE QUANTUM FOUNDATION

The 369 Frequency Practice Find spirals and patterns in nature (flower petals, seashells, tree rings). Study them with an open mind for 30 seconds. These contain the Fibonacci frequencies that align your creative process when you're tuned in.

Awe as Your Creative GPS When a scene stops you cold and takes your breath away - that moment when you feel small and it feels big - that's your direct connection to higher creative frequency. Follow that feeling. It's telling you something important.

Nature's Creative Rhythm Watch how nature creates: slowly, waiting for the perfect moment. A flower doesn't force its bloom. Practice this same patience in your creative process - listen, wait, then act when the moment is right.

THE SEEING PRACTICE

Camera-Free Walking Take a walk without your camera. Just observe. Notice textures, colors, how they interact with light. Challenge yourself to find a "story" in a single object. What does it make you feel? What does it remind you of? Don't pick up your camera until you have a sense of it. This trains your eye to truly SEE and connect, not just look.

THE 5-STAGE CREATIVE FLOW

Quick Reference:

1. **Preparation** - Gather ingredients for your creative stew
2. **Marination** - Sleep on it, love on it, sink into the frequency of it
3. **Clarity** - The "aha" moment (often while doing something else)
4. **Evaluation** - Test your idea: Do I love it? Why does it matter to me?
5. **Action** - Do the thing, adjust, iterate until it fulfills your vision



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PART 2: GOING DEEPER

Additional exercises to expa-a-a-a-nd your practice

1. THE INNER LANDSCAPE EXERCISE

Supporting: How your mood, energy, and intention shape your images.

The Stillpoint Check-In Before lifting your camera, take 2 minutes to:

- Slow your breathing (exhale 3/4, pause, repeat)
- Sense your legs/ground yourself
- Ask: "How am I feeling right now?"
- Set an intention: "What do I want to express today?"
- Notice how this inner state shifts what catches your eye

2. THE THREE QUESTIONS PRACTICE

Supporting: Looking vs. Seeing - Training your eye for light, shape, and storytelling

When something catches your attention, STOP and ask:

- **Why?** Why did this make me stop and look?
- **What do I feel?** What emotion/sensation is this creating?
- **How?** How can I translate this feeling into my image choices?

Only shoot after answering all three. This trains you to see photographically instead of just documenting.



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3. THE AWE MOMENT HUNT

Supporting: Creative Practices in the Field

Your assignment: Find one moment today that gives you:

- A gasp, goosebumps, or "wow" feeling
- That flutter in your stomach
- An urge to share it with someone

Capture both: The obvious beautiful shot AND the detail that created the awe feeling. Keep notes about what specifically triggered your response.

4. THE PATIENCE & PLAY EXPERIMENT

Supporting: Embracing spontaneity, imperfection, and serendipity

Choose ONE:

- **Patience Practice:** Find one subject. Spend 15 minutes with it. Watch how light changes, how you see it differently over time. Shoot the evolution.

Play Practice: Shoot something completely out of focus on purpose. Create 5 images based solely on pleasing colors and shapes. Let go of "perfect."



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5. THE SIGNATURE VOICE DETECTOR

Supporting: Finding your quirks, preferences, and inner vision

This week, notice:

- What type of light makes your heart skip a beat?
- Which compositions feel most "you"?
- What subjects do you photograph even when others walk past?
- When do you forget about technical settings entirely?

Document your patterns - these are clues to your authentic artistic voice.

BONUS: THE CROSS-TRAINING CHALLENGE

Take it further: When you get stuck on any exercise, switch to a completely different creative activity for 10 minutes (sketch, write, hum a tune). Notice how this shift changes what you see when you return to photography.

Not getting stuck? Nice! Then still do this one. Switch to a completely different creative activity for 10-20 minutes. Learn a dance, a new song, bake something, knit for awhile, fix your car or your bike - or that thing you keep procrastinating fixing. Read, watch a movie. Plant something. Pray. See what kinds of parallels, connections or new thought forms pop into your head that speak to creativity and/or energy in general.

***REMEMBER: The visible is always a reflection of the invisible.
Work with your inner landscape first, then let your camera
translate that energy into form.***