
Miksang Level 1 & 2 Workshops Information

A Weekend Intensive Level 1 & 2
Miksang Photography workshop is easily
organized. Bring together 8 to 10
photographers (any level of experience)
and provide a meeting space.

Participants need a digital camera or
smartphone.

The instructors will provide a projector
and computer for feedback sessions.
We will meet from 9:30 a.m. - 4 p.m.
each day.

Participants will explore Nalanda
Miksang specific topics through hands-
on sessions and group feedback.

Cost to your group is \$ 300 for
instruction for up to 10 participants
(mileage, food and accommodation
extra).

Other Miksang Special Interest Topics
available

Contact Anna an/or Vaughn for
additional information:

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Your Instructors

Anna Hergert & Vaughn Taylor

Contemplative photography has been a
strong interest to both photography
instructors for a number of years.

Nalanda Miksang forms a vital part of
Anna's and Vaughn's personal daily
mindfulness practice. Together they have
been leading monthly gatherings in
Moose Jaw sharing their insights.

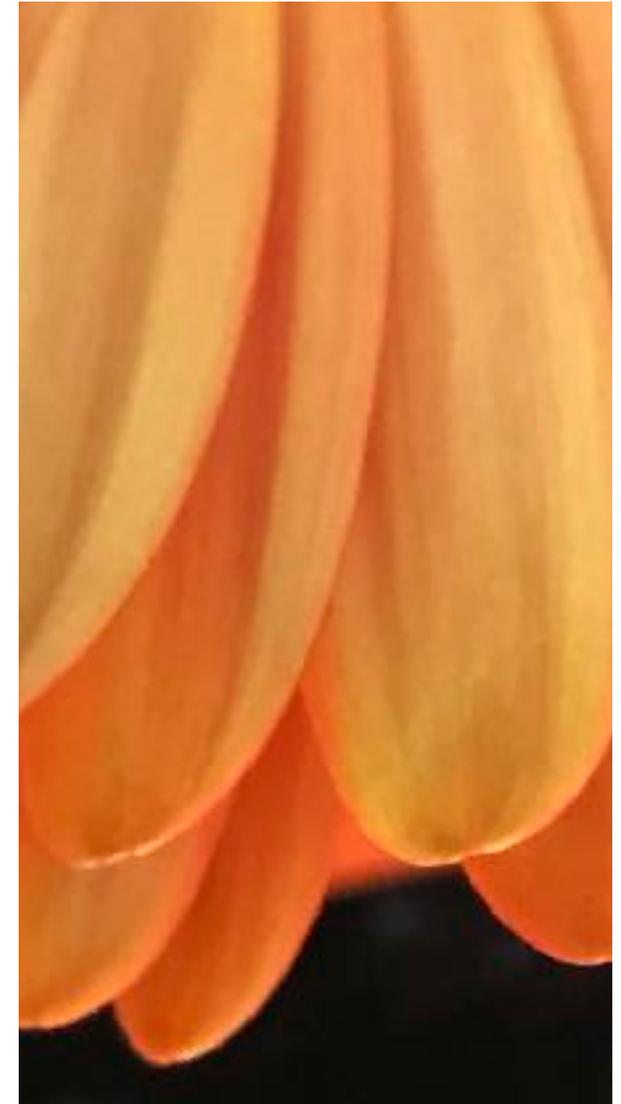
In 2017 Hergert and Taylor actively
pursued their Miksang training under
Julie Einstein and John McQuade. Both
achieved Certified Nalanda Miksang
Level 1 & 2 instructor level in May 2017.



Developing The Good Eye

Learn to embrace Contemplative Photography by
exploring the **Nalanda Miksang Principles**

For information please visit: [https://
nalandamiksangmoosejaw.wordpress.com/](https://nalandamiksangmoosejaw.wordpress.com/)



What is Miksang?

Miksang is Tibetan for "Good Eye."

Miksang photography is a practice based on perception, how we see and ultimately experience the world. It is a practice based on awareness.



"...The most direct way to spontaneous creativity is not in 'breaking the rules.' It is in making contact with the world before there are rules at all... In Nalanda Miksang we work with what we see."

Excerpt from "*Way of Seeing*" —
John McQuade and Miriam Hall



In the Beginning..

...We practice contemplative photography and it trains us to synchronize our eye. Continued practice will eventually lead to synchronizing our eye, mind and heart with the world. When this happens a certain harmonization occurs.

Harmonization here refers to 'without struggle'. We begin to relax and stop overthinking. When we stop overthinking we experience space. And space brings clarity. The end result is that we exit from our habitual routine of 'not noticing'. We refocus and see in a fresh way.

"Whenever you see a bright and beautiful colour, you are witnessing your own inherent goodness. Whenever you hear a sweet and beautiful sound, you are hearing your own basic goodness. Whenever you taste something sweet or sour, you are experiencing your own basic goodness... It is worthwhile to take advantage of anything that happens to you that has that particular nature of goodness."

Excerpt from "*Smile at Fear - Awakening the True Heart of Bravery*"
by Chögyam Trungpa,



Why Do We Use a Camera?

The camera serves as our tool to refocus. It helps us to open to this space, to the world. Once we begin to start tuning into the world, or environment, we begin the practice of synchronizing our eye and mind.

The more we engage the easier it will become. This practice of synchronization with the world is referred to as a "Flash of Perception" (FoP).

For examples and more information check out our website: <https://nalandamiksangmoosejaw.wordpress.com/>