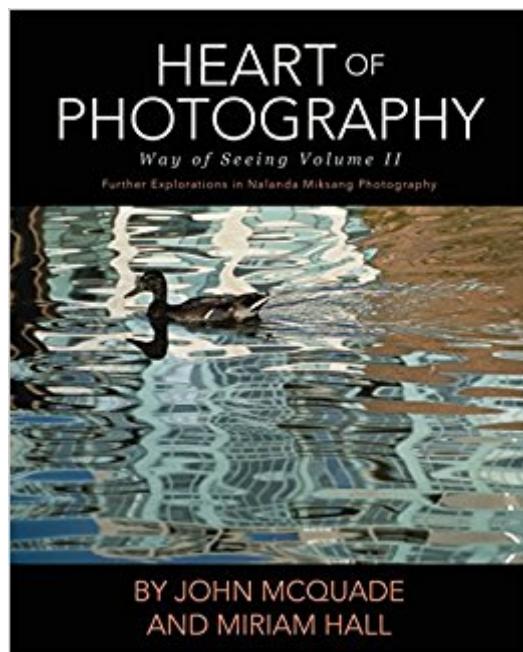


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Heart Of Photography: Further Explorations In Nalanda Miksang Photography (Way Of Seeing)



Synopsis

Heart of Photography by John McQuade and Miriam Hall continues the practice of Nalanda Miksang Contemplative Photography from the first volume, Looking and Seeing. In this volume, we enter together into the deep heart teachings of the fields of perception, with topics like Ordinary/Personal World and People and Other Sentient Beings, and more. In the fields of perception, it is natural to connect deeply with our ordinary lives, only to find therein lies profound ordinary magic. Even if you haven't read the first volume, Heart of Photography is a powerful entry into the world of contemplative photography.

Book Information

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"In this beautiful second volume . . . Miriam Hall and John McQuade lead us step by step into the ordinary magic of perception. They offer us a lens through which we can discover what it means to connect with the world around us through the heart to our direct experience of present moment communication."--Shambhala Acharya Susan Gillis Chapman, author of *The Five Keys to Mindful Communication: Using Deep Listening and Mindful Speech to Strengthen Relationships, Heal Conflicts, and Accomplish Your Goals*

John McQuade is a long time meditator, meditation instructor, and Shambhala Training director in the Shambhala tradition. He is one of the founders of Miksang Contemplative Photography, which he has presented for thirty years. He is the most senior teacher of the Nalanda Miksang school. He holds an M.A in Phenomenology and a PhD in Social and Political Thought. This is his second book

on Nalanda Miksang with Miriam Hall.

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