

How Do We Look at a Picture?

“What the caterpillar calls the end of the world, the creator calls the butterfly”

Representation

A simple photograph is so much more than a 2 dimensional memory; it brings the past into the present representing a moment frozen in time that allows the observer to relive experiences.

Our perspective of this moment as captured within the photograph is completely ours and ours alone; no one else will look at it the same; no one else will remember it precisely in the same way that we do.

There is no right or wrong interpretation; there is only the opportunity to see an issue from our own perspective at this particular moment.

Each of us has the potential to process what we observe in our own unique way using our senses, intuition and thought processes. By looking at a picture and talking about what we see and feel through this observation we create relevant context and meaning to what is happening for us at the moment of observation.

Deep observation enables us to open up to new points of view, expand our range of feelings, emotions, thoughts, motivation, and...

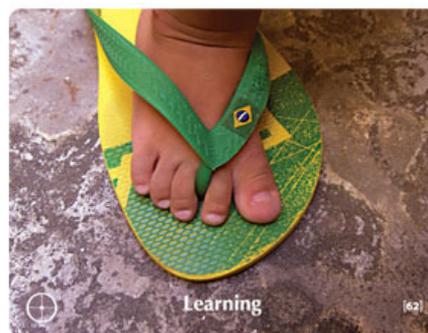
Part of the technique in observing a picture is asking questions.

Below are questions you can ask about any picture, whether it is a POU card, a photograph in an album, or any other picture that you choose:

Questions While Observing

1. What do I see in the picture? What are the facts and literal components that I see?
2. What do I know about the picture? The place or location, time, people, situation, occasion
3. What do I feel when I look at the picture?
4. How is the picture a reflection or contrast of my problem?
5. Does it represent the now or the past? The problem or the cause of the problem

If these questions do not provoke or elicit additional questions, feelings or understanding or do not provide the depth that we are looking for, or what we hope to achieve then here are more ways to view a picture broken into various parts or ways upon which we can observe.



The information we view

What do I see in the picture?	People	Situation
What do I know about the picture?	Place	Period / time

The plot behind the information

What does the picture depict?	What memory comes up, if any?	What might happen next?
What does the situation describe?	What do I imagine took place?	What if I zoom in?
What is the message conveyed?	What happened seconds before?	What if I zoom out?

The stylistic elements

What is illuminated within the picture?	If black & white, what does that mean?	Does the picture have a sound or emit a sound in your imagination?
What is in the shadowed places?	Do I connect with colours or black & white and in what way?	Is the picture crowded or empty?
If coloured – what do the colours represent?	Does the picture convey a weight – heavy or light?	If you were there, would there be scent associated with the picture?
Does the composition reflect anything for you?		Can you imagine this picture moving?



Looking at a picture is a breakthrough process, verifying, challenging, inspiring, and opening up the heart.

These questions are intended to help us to gain a different perspective; a different point of view that leads us to a different Point of You.