



SHIZEN

No 10 Spring 2018

MINDFUL

Pam Barnhart • Jason Barry • Terry Fuller • Michael Holtby • Wendy Nakao

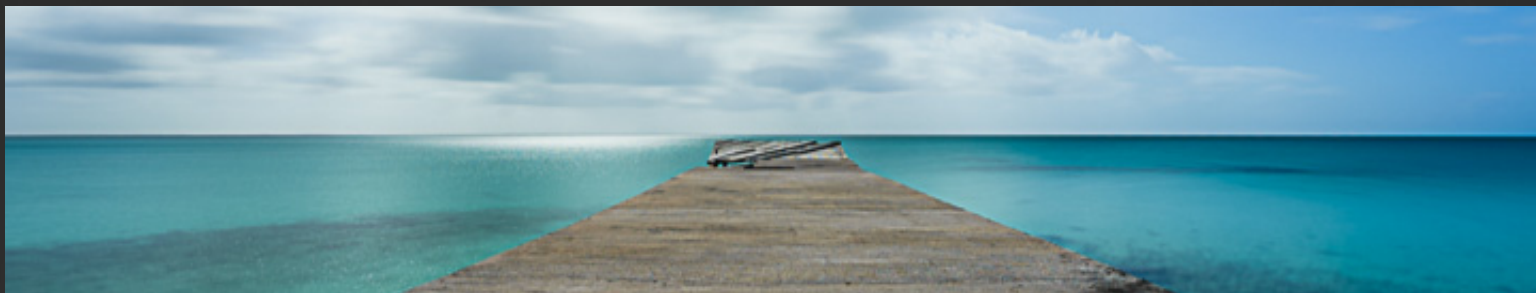


Photo : Jason Barry

Six photographers were asked to share their own concept of mindfulness for this issue. Each contributed an eloquent, unique vision. Moment-to-moment awareness fills their images.

Wendy Nakao is an active Zen practitioner and Roshi of the Zen Center of Los Angeles. Terry Fuller uses her camera's eye to observe landscapes, people and cultures, sharing her B/W work in this Spring issue. Michael Holtby, a world traveller, diver, dog lover and psychotherapist, has a lifelong interest in indigenous cultures and wildlife. A new father, Jason Barry manages a business in the Bahamas, and finds time to be a singer-songwriter. Pam Barnhart is an outdoorswoman who passionately loves backpacking, canyoneering and capturing nature's details. A few images of mine round out the collection.

I hope the photographs that follow are remindful of your own experience. One last note. . . in a moment you may hear birdsong.

Jim Austin Jimages



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Above: Photography by Mike Holtby.

On The Cover: Photography by Wendy Nakao.

Wendy Nakao



Terry Fuller



Mike Holtby



Jason Barry



Pam Barnhart



Jimages



INSIDE ...

Wendy Nakao

Wendy photographs what is right before her in her daily life. As a practitioner of Zen Buddhism, she understands “mindful” to mean that everyone and everything, without exception, is completely endowed with being/life essence just as they are. She sees that every form is itself, pure and complete, that it cannot and need not be other than what it is.

As she practices at her Los Angeles Zen center or walks the streets of Seattle and Mesquite, Nevada, she captures the intimate interplay of her own being and the beingness of all that she sees, hears, touches, and feels. With each step, the vivid aliveness of all that she encounters: a homeless person napping on a bench, ants scurrying in the early morning, or a Zen priest’s painted toenails, all manifest that fullness of mind which radiates as everything.

In 2016, Wendy began taking photographs with her iPhone. She committed to walking every day for a year, and to posting a daily photo. These days she shares on Instagram.

Web: zencenter.org | Instagram: [wendyzenpeacemaker](https://www.instagram.com/wendyzenpeacemaker)





What are we missing by not looking down?
The ground is like the floor, something we walk on
without paying much attention to. But look at how
rich it is !

Roots curl and twist. Tiny plants like snowdrops spring
up while the earth is still frozen. Leaves look like
Matisse cutouts.

Even the sidewalk holds treasures.

David Schiller









THE SHOP
GIFT FLOOR
New Arrivals
Samsonite



Mindfulness is a dance of happiness.

Thich Nhat Hanh

Terry Fuller

“Wherever you are, be all there.” Jim Elliot

Photography has allowed me to find peace and joy in the moment, to take a moment and observe what is around me: to be there, to be mindful with all of me.

This is my solitude.

I love the art of photography as it gives me the artistic expression I need. My art has evolved over the years as I fine tune my skills. I enjoy experimenting with long exposure times, multiple exposures, high-key imagery, and creating my own filters.

There is that quiet, creative space inside me that fits so well with this fine art. In it, I go to a place of peace, joy, and satisfaction. I have gone to some wondrous places on our planet, and around the block, and everywhere I’ve met some wonderful people. While Oscar Wilde wrote: “With freedom, books, flowers, and the moon, who could not be happy.” I would update Wilde to include the camera! Indeed, I am happy.

[Flickr.com/photos/cameraai](https://www.flickr.com/photos/cameraai)











Mike Holtby

Mindfulness for me is when I am fully “in the moment.” It is when I feel most alive, and all my senses are heightened, without any brain noise or distractions. “In the flow” I am not aware of time passing and am feeling challenged but not frustrated. Photography provides this awareness for me: when I am 80 feet down scuba diving, watching a shark above me I am fully experiencing that moment. When I’m sitting at dawn with a camel trader in Pushkar, India, sharing a beedie with him, I am experiencing mindfulness.

When I witness the initiation of young men into the spirit house in a remote village in Papua New Guinea, I am all in. I am fully in the moment on an African safari, my finger ready on the shutter, waiting for a tawny eagle to take off. Travel, wildlife, and seeing other cultures facilitate this experience, and I can also be in a mindful state in my own backyard. My goal is to be fully alive, and mindfulness is the vehicle to being there. My photographs also serve to re-experience that moment with each viewing.

DenverPhotography.com | [Blog: mholtby.com](http://Blog:mholtby.com) | [Instagram: denver_mike](https://www.instagram.com/denver_mike)

Photographs

1. Great White Shark, Guadalupe Island, Mexico
2. Camel Trader, Pushkar Camel Market, India
3. Initiation Into Spirit House, Yamok Village, Papua New Guinea
4. Tawny Eagle, Serengeti, Tanzania
5. Praying Mantis, Stapleton Colorado
6. Swainson’s Hawk, Rocky Mountain Arsenal, Colorado













The little things? The little moments? They aren't little.

Jon Kabat-Zinn

Jason Barry

For me mindfulness is as simple as being fully present in the moment you are in. I am often guilty of letting the everyday chaos of life distract me, thinking of what just happened, or what I have to do next.

I think that is why I enjoy landscape photography so much. It lets me stop and examine the beauty of the world.

My hope is that along the way folks will see some of my work and it will inspire them find that mindfulness as well. To share in the beauty of a sunset, or a lonely tree as the sun hits it just right.

To find some measure of peace in a chaotic world.

Twitter : @j.barryphotography
Instagram: j.barryphotography













You are the sky.
Everything else is just the weather.

Pema Chödrön

Pam Barnhart

Mindful: A Reflection of One's Self

As a nature photographer, I wonder at times what is really happening in our natural world and is it more similar to us humans than we think? I see a bird staring into the water and common sense tells me that it is looking for its next meal. Yet, are there times when something else is happening? Can a bird see its reflection and recognize it as a mirror of itself? If so, what is it thinking? Does it recognize beauty or think "Damn that feather"? If they don't think that way, how similar are we to birds? How often do we glance at ourselves in the mirror, but really take time to see the person staring back.

We tend to use mirrors to gauge how we look, and then move on to other thoughts. How many times have you stood in front of a mirror and taken stock of yourself, not only of how you look, but how you feel, how you got here, where you're going and who you are. The person in the mirror is the real you. Recognize, rejoice and celebrate this, for there is no one else like you. You are unique. You are one of a kind.

I would like to believe that animals have this type of consciousness when they see their reflection, and I would like to think that each time I look in a mirror, I'm not just wondering what I'm going to have for dinner. I know one thing for sure: regardless of whether animals or birds can appreciate their own beauty, I certainly do. I do my best to record the beauty of nature through my lens so that others might as well.

[Facebook.com/PamBarnhartPhotography](https://www.facebook.com/PamBarnhartPhotography) | [Instagram.com/pam_barnhart/](https://www.instagram.com/pam_barnhart/)













Listen to the sounds
around you and pay
vivid attention, as if you
were hearing birdsong
for the very first time.

Neil Seligman



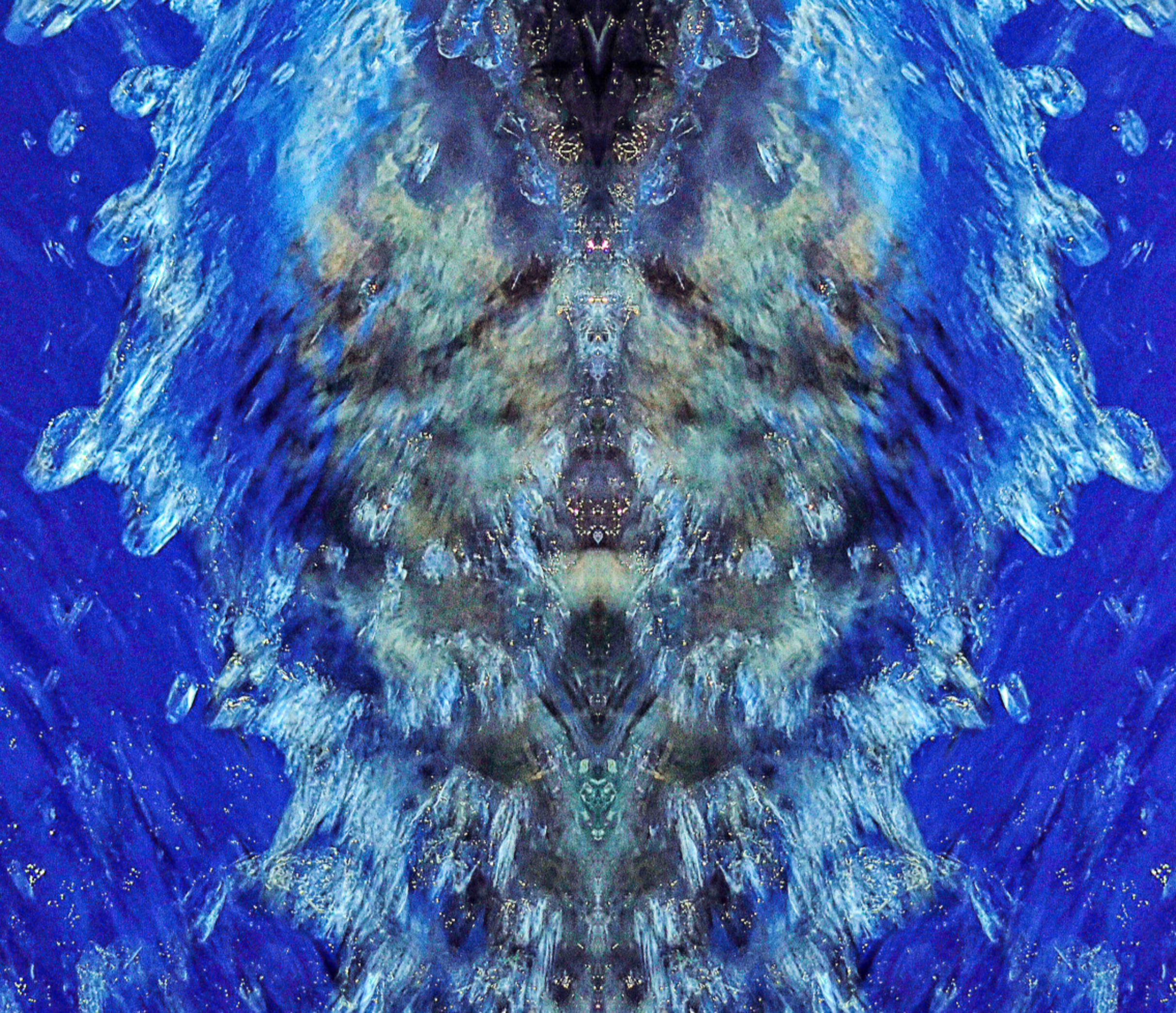
Jim Austin Jimages

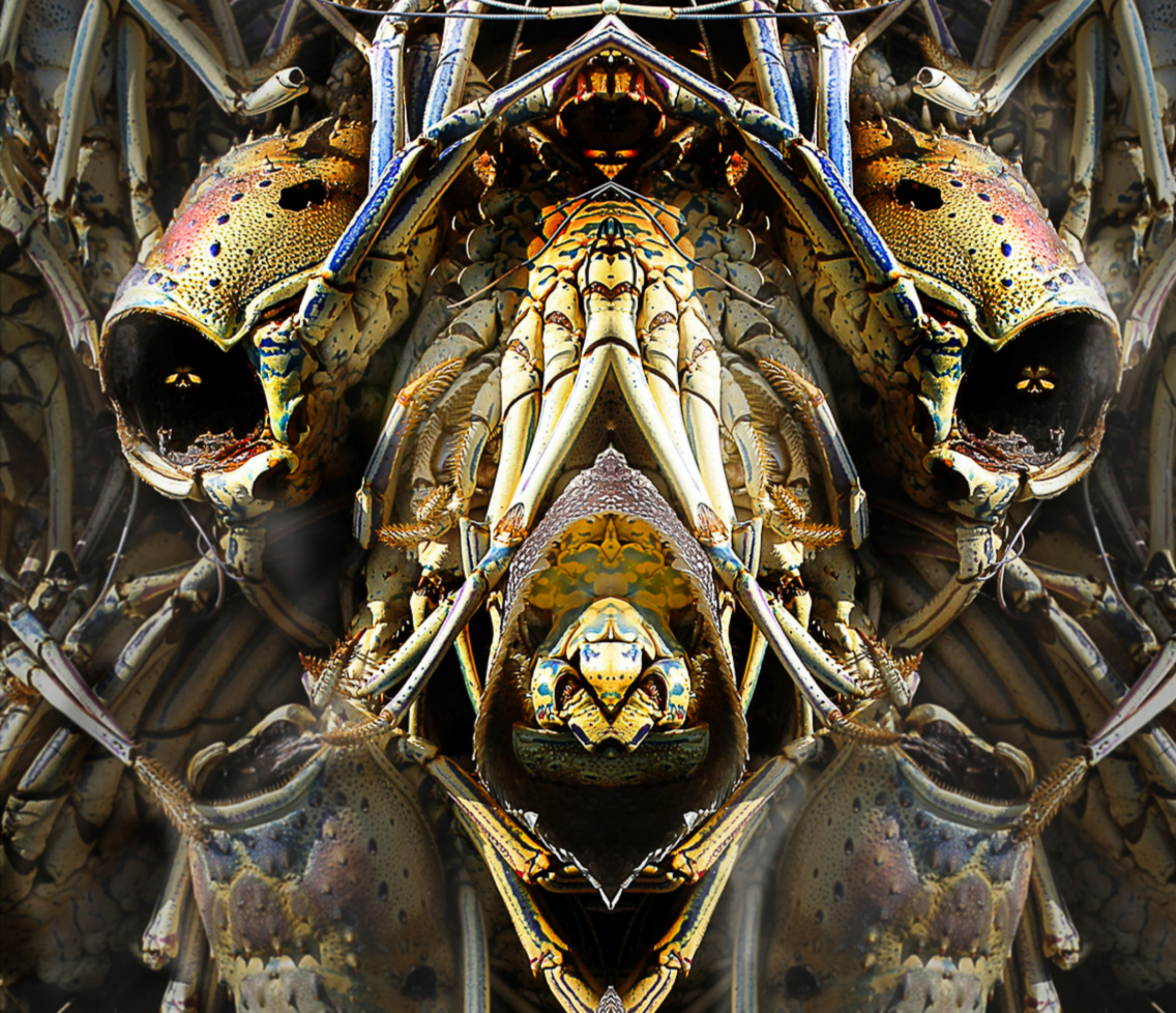
Mindfulness for me is seeing and hearing the surprising.
Mindful photography is a spiritual circle that links myself and another, then
continues back in unity, through the camera.

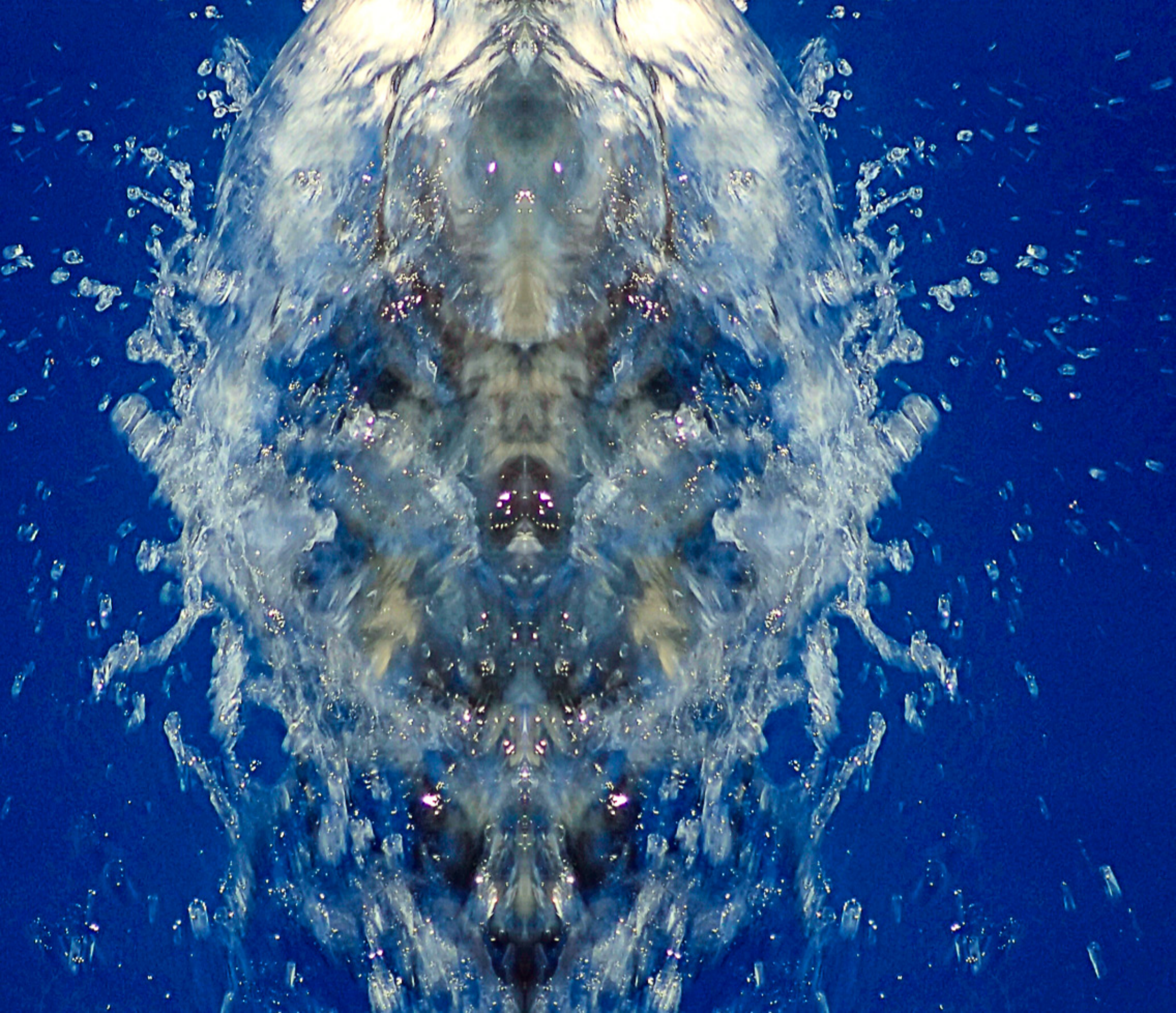
These images are selected from “Roar Shock”, a 15-year-long series of
asymmetrical mirrored images called tessellations.

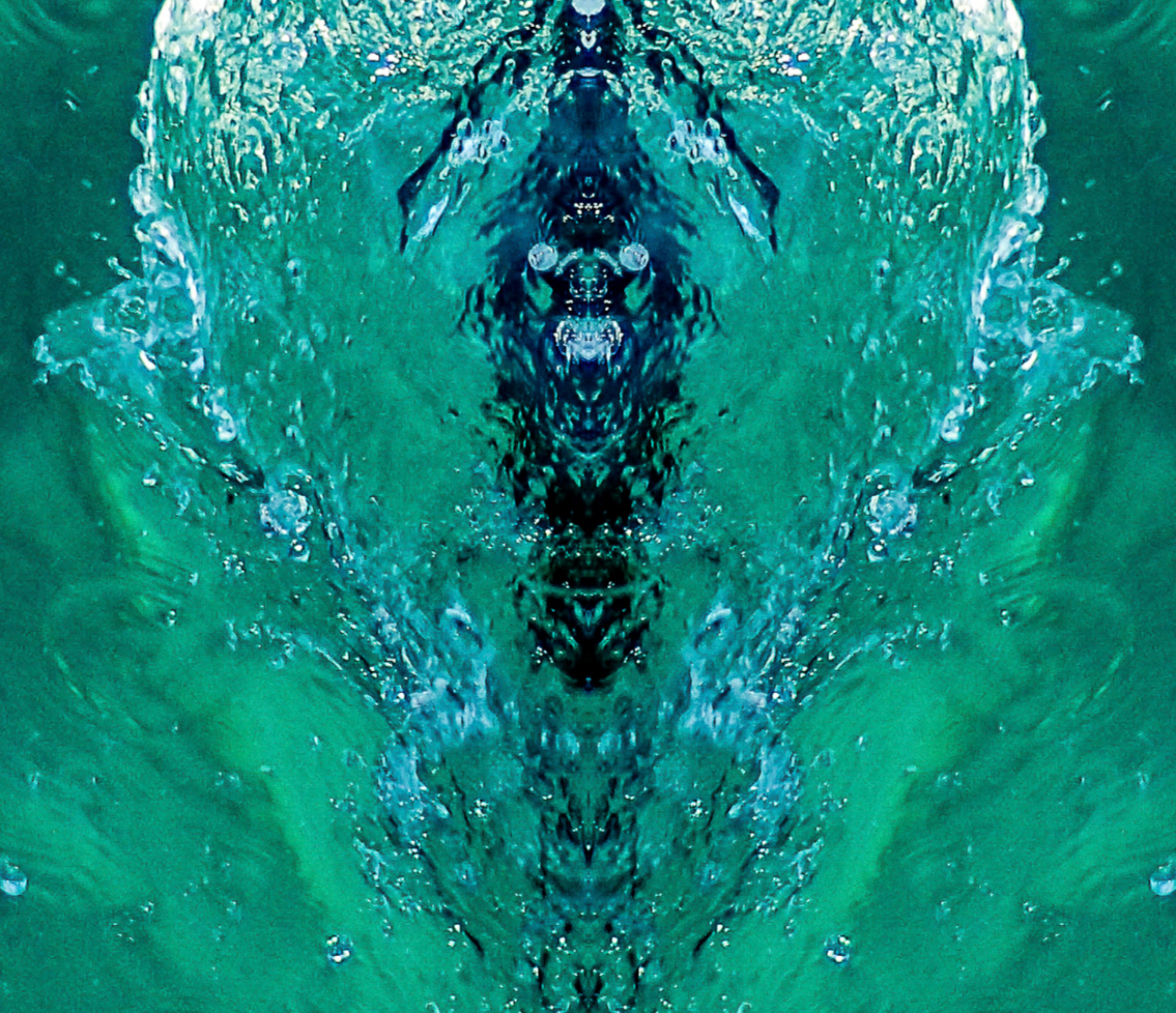
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The most beautiful emotion we can experience
is the mystical. It is the sower of
all true art and science.

Albert Einstein

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MISSION

SHIZEN is a quarterly publication of fine art photography portfolios based on traditional and novel concepts of naturalism.

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