

## Daily Meditation 06-28-23

### A Solstice Photo and Story Shared from the Camino, Part I

Good morning.

Today's meditation is a meditation on a photograph that constitutes our banner image this morning. And there's a story behind it that I tell in today's essay. And we'll expand on some in tomorrow's meditation.

But what I invite you to do in this video version of the meditation, is simply to focus and be present to the photograph. Of course, a photograph is like a painting, such as the painting behind me by M.C. Richards. A photograph is a work of art. And once you read my essay, it gives you a little background.

But I just invite you to be present. And a lot of meditation, of course, is about the silence, about deep listening. And I can say deep looking, deep watching, focusing.

Gabriel Marcel, the French philosopher, says that the artist is not just someone who paints a picture; it's someone who observes the picture. It's not just someone who acts in a play or writes the play; it's the person who receives the play, pays attention. The same is true of all art, that it is a circle, it's an interaction.

And it can certainly be a meditation, art as meditation, we call it.

So what I invite you to do in the next minute or two of this video is simply to be with this painting and see what it has to tell you. See what you see there, what you feel there and what it is saying to you, in light of the background that I gave you about the photographer, who is not a professional photographer by any means. He's a math teacher. But he, like all of us, has a story to tell.

And I think this particular photograph, which I woke up to yesterday morning because he sent it from Portugal, in a different time zone, it speaks to me, it speaks to a lot of people I think, who I shared it with.

So thank you, we'll see you tomorrow.