

30 Days of Perception
An online workshop with
Kim Manley Ort
November 2019



Perception Day 1

30 Days of Perception starts today!



PERCEPTION: Being surprised and amazed by clumps of snow from the first winter storm. #30daysofperception #day1 #snapseed #blackandwhite

30daysofperception

blackandwhite

day1

snapseed

Perception Day 2



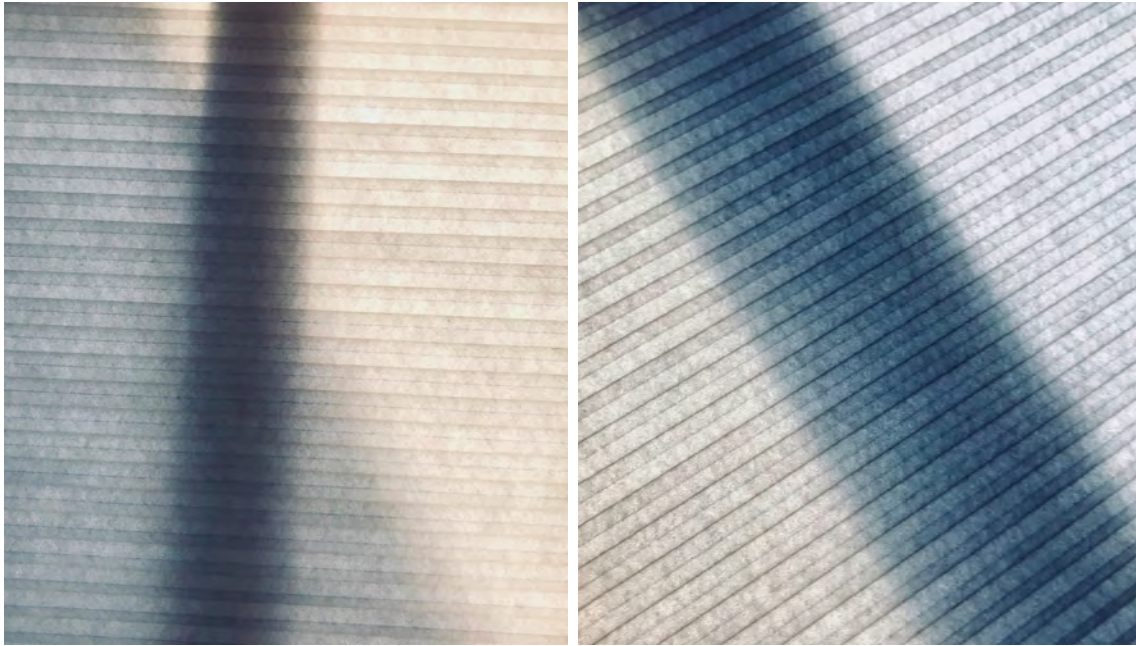
PERCEPTION: With all my senses, what do I perceive? My hearing senses the sound of the machine that purifies the air, I see the shadow of the fan that would make the blowing sounds and in the background I hear my dad and his marching music. Layers of sounds.
#30daysofperception #day2 #lenkacam #blackandwhite #shadow

30daysofperception blackandwhite day2 lenkacam shadow

Perception Day 3



PERCEPTION: First seen from the corner of my eye - a flicker of movement. The wind has this leaf cornered in the branches of the catalpa tree where the flutter caught my attention. Before I saw a leaf. Before I saw branches. Before I knew it was a leaf in a tree with wind. #30daysofperception #perception #seenfirst #catalpa #leaf #leaffluttersinwind



PERCEPTION: Afternoon blue shadows with golden sun highlights. The warm/cool contrast caught my eye. It was fleeting and is already gone. #30daysofperception #perception #shadows #coolandwarmtones #snapseed #iphone7

30daysofperception catalpa coolandwarmtones iphone7 leaf leaffluttersinwind perception seenfirst
shadows snapseed

Perception Day 4



PERCEPTION: The color contrast of the pink and blue registered first as “baby” then I saw the pink dog toy on the blue carpet.
#30daysofperception #day4 #bluepink #cooltones

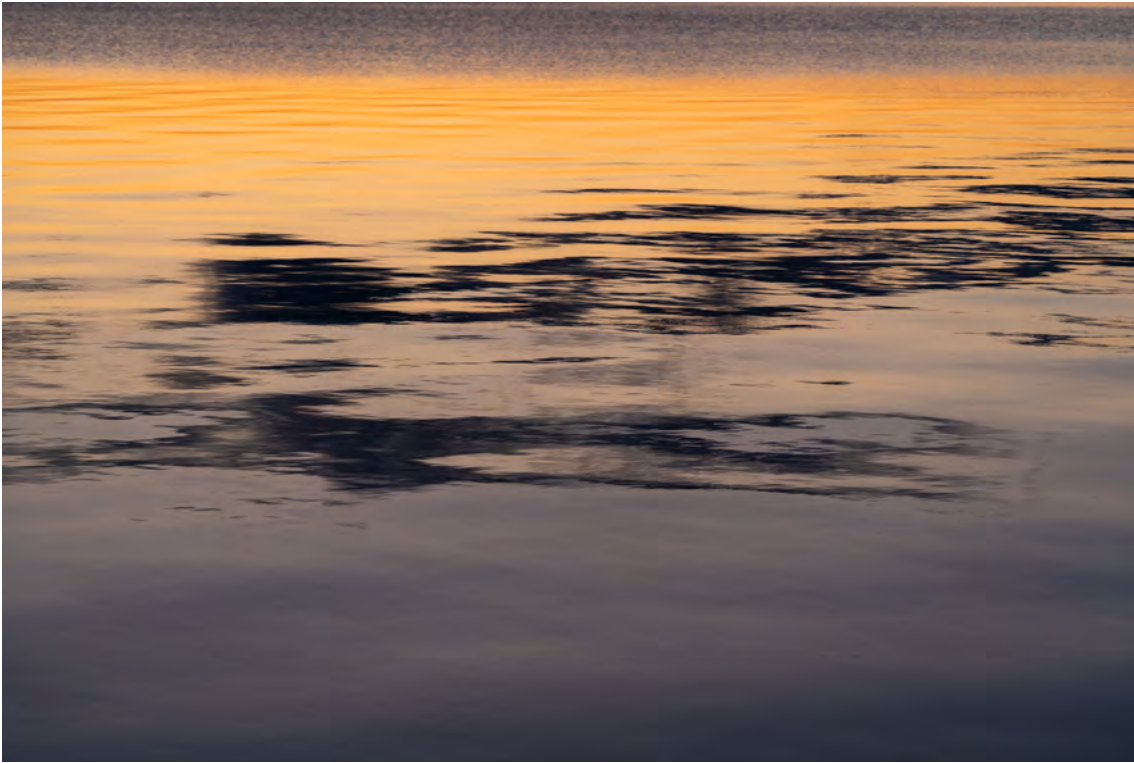
30daysofperception

bluepink

cooltones

day4

Perception Day 5



PERCEPTION: Sunrise on Houghton Lake in Michigan. I am drawn to the water when I visit my family. Sunrises especially. I love to see the reflection of clouds and the color of the rising sun overplayed on the texture of the water movement. This image is an abstract view of the sunrise. I captured about 50 images of the sun rising today. This image fully describes what I'm drawn to. #30daysofperception #day5 #sunrise #houghtonlake #puremichigan #sonyaiiii7 #abstract #lake #water

30daysofperception

abstract

day5

houghtonlake

lake

puremichigan

sonyaiiii7

sunrise

water

Perception Day 6



PERCEPTION: Emotion response and perception - snow, great big flakes, falling in front of the amazing movie theater in my home town. By itself, I first respond to big snow flakes with joy before I think about cold, shoveling, driving and other winter activities. When I visit my family, I often drive by the movie theater of my youth - an enormous log cabin with huge pine logs supporting a cathedral ceiling. It's a landmark in the area and still in business. I have many joyful memories of movies with friends. So I felt double joy when I saw snowflakes falling on my favorite movie theater. #30daysofperception #emotionalresponse #joy #pinestheater #snow #snowflakes #houghtonlakemichigan

[30daysofperception](#)[emotionalresponse](#)[houghtonlakemichigan](#)[joy](#)[pinestheater](#)[snow](#)[snowflakes](#)

Perception Day 7



PERCEPTION: “proprioception” or sense of movement. Day 6 was harder for me to enter into this form of perception. Then I saw the red stems of the yellow maple leaves. I saw their form and grace in a form of movement. I see the texture of the leaf and the graceful curve of the stem caught my eye. #30daysofperception #proprioception #senseofmovement #day6 #mapleleaf #yellowleaf #redstem #gracefulmovement #curveform

30daysofperception

curveform

day6

gracefulmovement

mapleleaf

proprioception

redstem

senseofmovement

yellowleaf

Perception Day 8



PERCEPTION: Chance. I'm busy taking sunset photos on the lake and I look up, past the moon and clouds, and see this jet trail in the sky. In rural Michigan we don't see these jet trails very often. #chance #30daysofperception #sky #jettrail

30daysofperception

chance

jettrail

sky

Perception Day 9



PERCEPTION: Stillness. Resting, not thinking, just noticing. Then I see the curve, the lines, and I go get my iPhone to capture what I saw in the stillness. "To be, see, and experience. To sit and stare. This is stillness." -Kim Manley Ort #30daysofperception #stillness #curves #lines #resting #blackandwhite #lenkacam

30daysofperception blackandwhite curves lenkacam lines resting stillness

Perception Day 10



PERCEPTION: Listen with the whole body and all senses. It was quiet and still in the Sanctuary and barely lit. The shadows on the grand piano drew me to look closer. "Listening is true presence. It implies stillness of mind and receptivity." -Kim Manley Ort • I was present in the moment in the presence of God and angels. #30daysofperception #perception #listening #stillness #allofthesenses #shadows #iphone7 #snapseed #day10

30daysofperception

allofthesenses

day10

iphone7

listening

perception

shadows

snapseed

stillness

Perception Day 11 posted 11/12



PERCEPTION: No story, just perception. Before I can think about what I'm seeing. #day11 #30daysofperception #perception #beforethinking #nostory #justperceiving #iphone7 #snapseed

30daysofperception

beforethinking

day11

iphone7

justperceiving

nostory

perception

snapseed

Perception Day 12



PERCEPTION: The ordinary that kept catching the corner of my eye. The mind says it's not a worthy subject — dust, litter, unused exercise equipment — all of that is my mind talking. My eye is drawn to the contrast, the color. "Perceptions are inclusive. Everything is worthy." - Kim Manley Ort • The ordinary, perceived without thinking. #30daysofperception #perception #ordinary #allisworthy #day12

30daysofperception

allisworthy

day12

ordinary

perception

Perception Day 13



PERCEPTION: Can I ignore my likes and dislikes as I perceive my surroundings. I like pristine white snow. I dislike dirty snow that is full of road dirt and car exhaust. I walked around looking at snow with leaves, then dirt, sticks and garbage. And yet there is texture, contrast, interest. • #30daysofperception #perception #dislikes #dirtysnow #texture #contrast #interesting

30daysofperception contrast dirtysnow dislikes interesting perception texture

Perception Day 14



PERCEPTION: Overlooked things. First I see a shadow pattern I've never noticed. Then I see a palette of colors. Then I figure out the folds of my robe are creating a shadow gradient. First perception was something I've been overlooking! • #30daysofperception #perception #overlooked

30daysofperception

overlooked

perception

Perception Day 15



PERCEPTION: Subtle, peripheral vision. The sun casting shadows on the garage door, in contrast to the rocks and leaves littering the driveway. I saw it out of the corner of my eye as I pulled out. I had to stop the car and walk back to capture the moment.

#30daysofperception #perception #subtle #peripheralvision #shadows #day15

30daysofperception

day15

perception

peripheralvision

shadows

subtle

Perception Day 16



PERCEPTION: space, negative space, empty space by the subject. Open sky with tree branches in the upper corner. The clouds fill the empty space. #30daysofperception #perception #emptyspace #clouds #day16

30daysofperception clouds day16 emptyspace perception

Perception Day 17



PERCEPTION: The space between. • “O tell of his might,
O sing of his grace,
Whose robe is the light,
Whose canopy space;” • As we sang this hymn I kept glancing upward to the cathedral ceiling. Space above. The words of the hymn emphasized what I was perceiving. • #30daysofperception #perception #spacebetween #canopyabove #oworshiptheking #iphone7 #snapseed #day17

30daysofperception

canopyabove

day17

iphone7

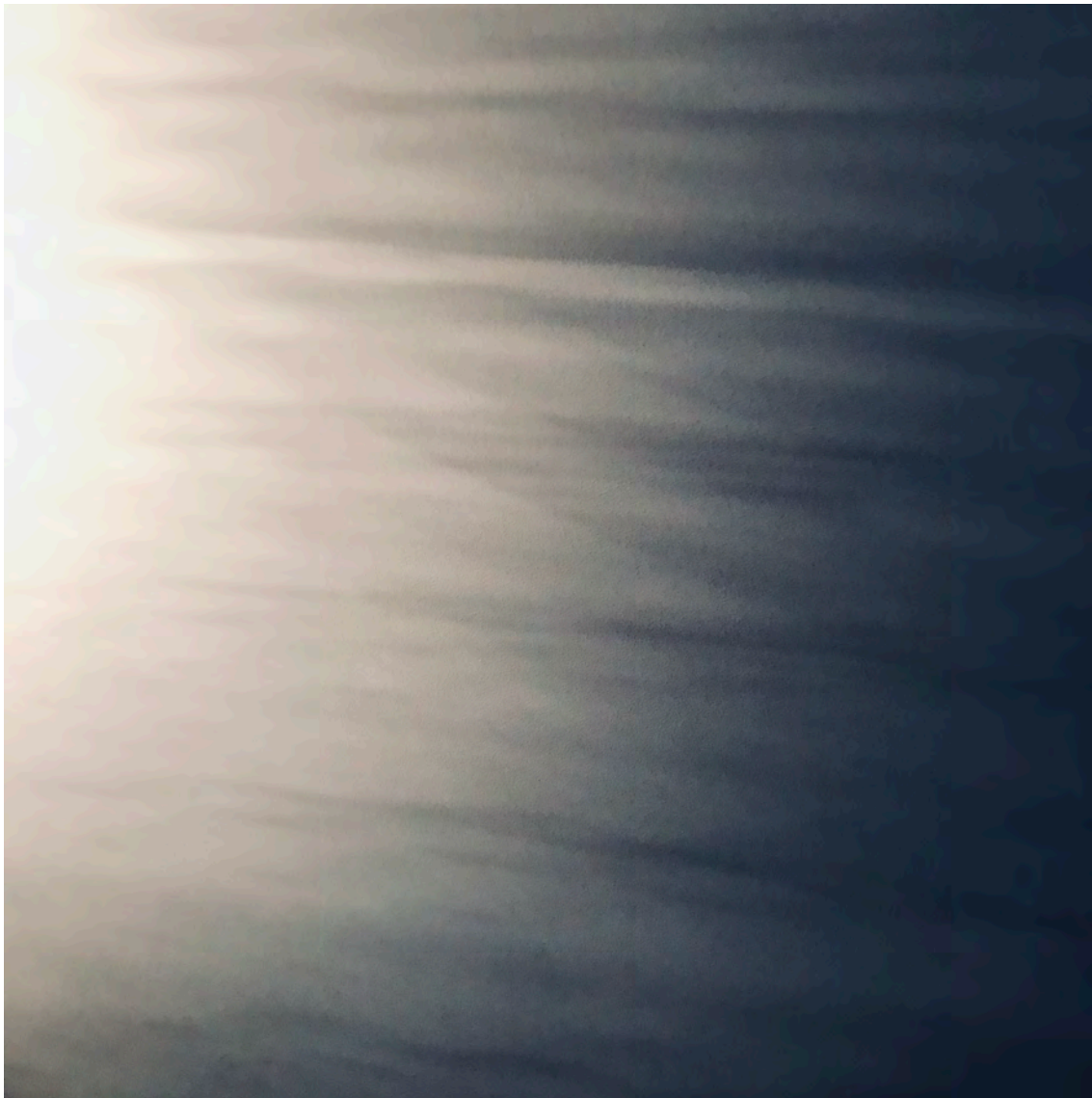
oworshiptheking

perception

snapseed

spacebetween

Perception Day 18



PERCEPTION: No judgement. No thinking. Curiosity only. How are those patterns being made? Why have I never seen it before? (On ceiling in my living room) • #30daysofperception #perception #curiosity #nojudgement #day18

30daysofperception curiosity day18 nojudgement perception

Perception Day 19







PERCEPTION: A sequence of three different views of a subject. Exploring the river on a cloudy, windy day. #30daysofperception
#perception #day19 #river #cloudy #windy #cold #sequence

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|--------------------|--------|------|-------|------------|-------|----------|-------|
| 30daysofperception | cloudy | cold | day19 | perception | river | sequence | windy |
|--------------------|--------|------|-------|------------|-------|----------|-------|

Perception Day 20



PERCEPTION: No judgement, no preconceived notions. No ideas or thoughts of self. #30daysofperception #perception #day20
#leaves #flotsam

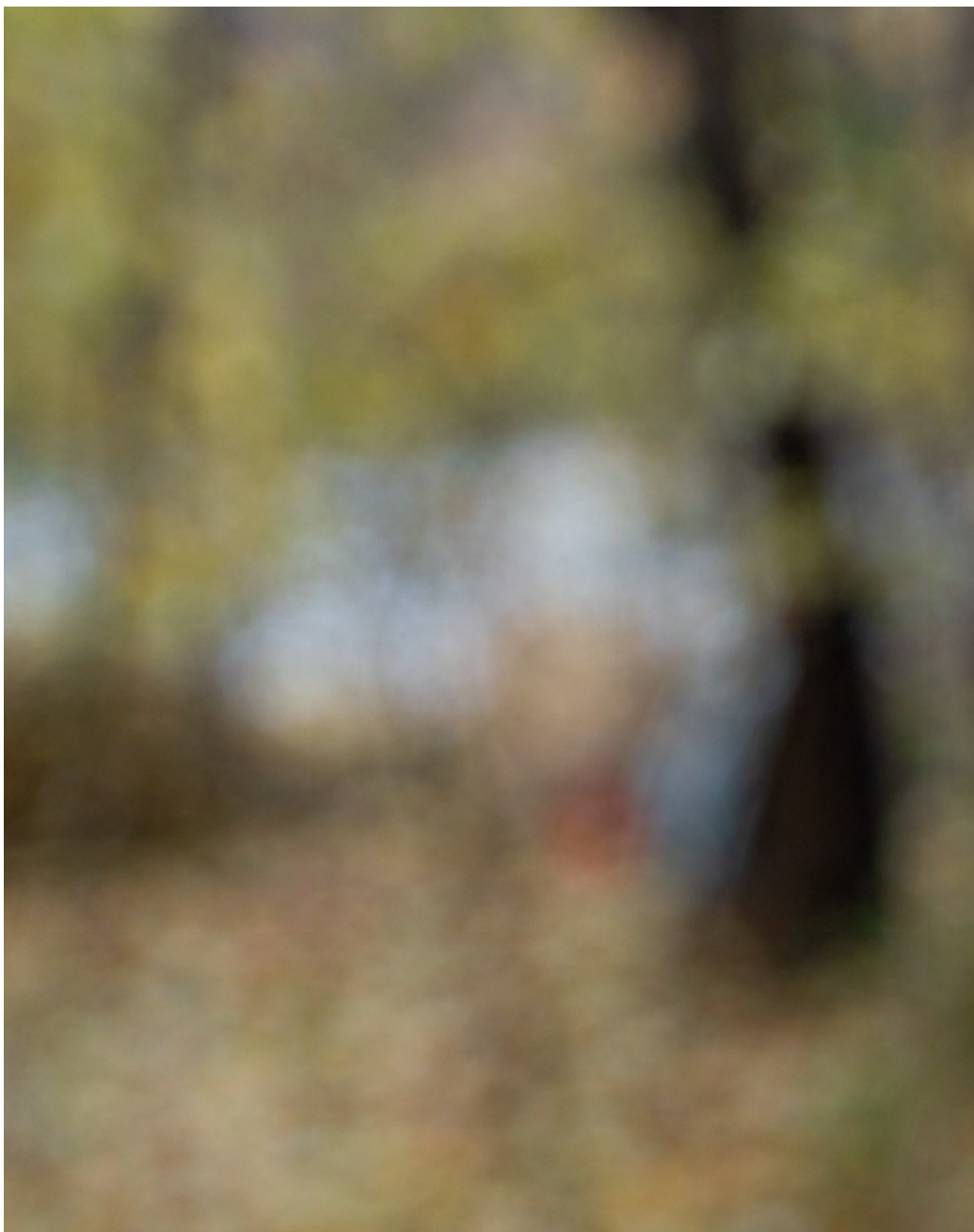
30daysofperception

day20

flotsam

leaves

perception



PERCEPTION: Wide field of vision. Relational seeing. #30daysofperception #perception #blur #landscape #wheelbarrow #day21

30daysofperception

blur

day21

landscape

perception

wheelbarrow



PERCEPTION: The assignment is Relationships. Yet the day was emotional with strained relationships. Nothing seemed to connect to each other. So I turned inward. Had a good talk with myself. We agreed on everything. It was a day of perceiving truth, lies I was believing, emotions and difficulties. So I looked to my hands. I saw "not-me" but I received my feelings and my hands became "me". Sometimes the best relationship is time with yourself. • #30daysofperception #perceive #relationships #emotions #memyselfandi #day22



beckyjanedavis @maryelizar It was difficult to enter in to perception yesterday. But the result of looking inward and accepting myself, as I was, was very therapeutic!

[30daysofperception](#)[day22](#)[emotions](#)[memyselfandi](#)[perceive](#)[relationships](#)

Perception Day 23



PERCEPTION: Relationships with others or things. This is me putting my shadow between the shadows of two trees. I noticed it on my walk. But I did move to get myself between two trees. It was sunset so I got colors as well. • #30daysofperception #perception #shadows #relationships #giveandtake #sunset #reciprocal



PERCEPTION: Relationships that change each other. Jet trail (man made) intersects with cloud (nature made) to make a design in the sky. • #30daysofperception #clouds #jettrail #reciprocity #day23

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| 30daysofperception | clouds | day23 | giveandtake | jettrail | perception | reciprocal | reciprocity | relationships |
| shadows | sunset | | | | | | | |

Perception Day 24



PERCEPTION: Juxtaposition. Contrast. Relationships. A weather front is moving in. The gray cloud bank contrasts with the blue sky. The blue sky contrast with the trees whose branches are reaching for the sun. • #30daysofperception #juxtaposition #contrast #relationships #day24

30daysofperception

contrast

day24

juxtaposition

relationships

Perception Day 25



PERCEPTION: Genuine depth perception today. Getting high up in Chicagoland Suburbs is a bit difficult, so the horizon doesn't go very far. But I imagined the depth of being on the shore of Lake Michigan, or visits to the Pacific Ocean. There, the horizon goes out forever. Depth of perception to infinity. But I did find a hill. Over a lake. And I walked and looked and perceived the depth. Of brown. Welcome to Chicagoland where brown is the color of the season. With clear skies, the lake reflects the blue. And there's that tinge of orange that I saw out of the corner of my eye. • #30daysofperception #genuinedepthoffield #perception #brown #day25

30daysofperception brown day25 genuinedepthoffield perception

Perception Day 26



PERCEPTION: Today was choiceless awareness. A form of mindfulness. To have no preconceived ideas but to just observe. This stalk of shriveled leaves caught my awareness. But to emphasize it amongst all the brown stuff, black and white seemed like a good choice. Those wrinkles and rolls and texture stand out among the other plants of winter. • #30daysofperception #choicelessawareness #deadleaves #shriveled #wrinkled #texture #day26

“For God made Christ, who never sinned, to be the offering for our sin, so that we could be made right with God through Christ.”
2 Corinthians 5:21 NLT

“The beautiful exchange that takes place when we give our lives to God is something we can always be grateful for. Salvation means that we offer God what we have, and He gives us what He has.

He takes all of our sins, faults, weaknesses, and failures, and gives us His ability, His righteousness, and His strength. He takes our diseases and sicknesses and gives us His healing and health. He takes our messed-up, failure-filled past and gives us hope of a bright future.”

- The Power of Being Thankful, Joyce Meyer

[30daysofperception](#)[choicelessawareness](#)[day26](#)[deadleaves](#)[shriveled](#)[texture](#)[wrinkled](#)

Perception Day 27



PERCEPTION: Unconventional beauty. Leaves dancing in the wind! • #unconventionalbeauty #30daysofperception #perception #dancingleaves #highwind #day27 #slowshutter #motionblur



PERCEPTION: The unconventional beauty of leaves blown horizontal in the high winds. The leaves are frantically dancing! I heard the song “Blowing in the Wind” as I tried to keep my balance in the wind. • #30daysofperception #perception #unconventionalbeauty #highwinds #dancingleaves #theanswermyfriendisblowinginthewind #day27 #slowshutter #motionblur

30daysofperception dancingleaves day27 highwind highwinds motionblur perception slowshutter

theanswermyfriendisblowinginthewind unconventionalbeauty

Perception Day 28





PERCEPTION: Accepting reality as it is and seeing beauty. • #30daysofperception #perception #realityasbeauty #ordinaryasbeautiful #backyard #rainyday #day28

30daysofperception

backyard

day28

ordinaryasbeautiful

perception

rainyday

realityasbeauty

Perception Day 29



PERCEPTION: Eyes of wonder. Transcendence. Astonishment. Stairway to Heaven? Ladder to the sky? Colors of orange, yellow, blue to treat the eyes. • #30daysofperception #perception #nojudgement #astonishment #wonder #transcendence #day29

30daysofperception astonishment day29 nojudgement perception transcendence wonder

Perception Day 30



PERCEPTION: 30 Days of Perception, an online photography workshop by @kimmanleyort has changed the way I see, what I notice, beauty in the ordinary. On this the last day, I was asked to pick my favorite perception exercise. I chose two. First, using blur to capture the essence of what I saw. Second, looking out to the horizon with a great depth of field. In this case, Lake Michigan at Navy Pier on a cloudy, rainy, windy day. Same view — one blurred intentionally and one focused on the horizon. • I've used Camera+ App on my iPhone 7, but learned a new way to use the App during this workshop! Macro setting with no focus point gives a blurred image. • #30daysofperception #perception #essence #landscape #horizon #depthoffield #iphone7 #cameraplusapp #intentionalblur #day30

[30daysofperception](#)[cameraplusapp](#)[day30](#)[depthoffield](#)[essence](#)[horizon](#)[intentionalblur](#)[iphone7](#)[landscape](#)[perception](#)