FINDING CALM THROUGH THE LENS

An Online Practice

Photographs by Jeffrey Avilez

Digital Hand Creations

These are not finished pictures.
They are places I stopped.

Finding Calm Through the Lens is a practice of noticing ordinary light, quiet animals, and small moments that do not need to be gallery work.

Digital Hand Creations



still



shadow



presence



ordinary light



pause



close



everyday



notice



color



still life

The practice is free and open to anyone who wants a quieter way of seeing.

Challenges, the community gallery, and this zine live at
digitalhandcreations.com/practice.html