

Spring and Summer

2025

Making Mindful Smart Phone Photos

Jim Austin



Craft & Vision: Mission Statement

Slow down to create images for
Expressing your self, your ideas, emotions,
feelings and **Vision**, while learning
mobile photo editing tools to Hone your
Craft.





VISION & CRAFT

Values

? Questions/Thoughts ?

Tips for mindful smart phone photos

Little Short Foxes Tend Cows

Stop at 45

2 Main Ideas: CRAFT and VISION.



6 Values for Vision:

The Power of Kindness

The Joy of Originating

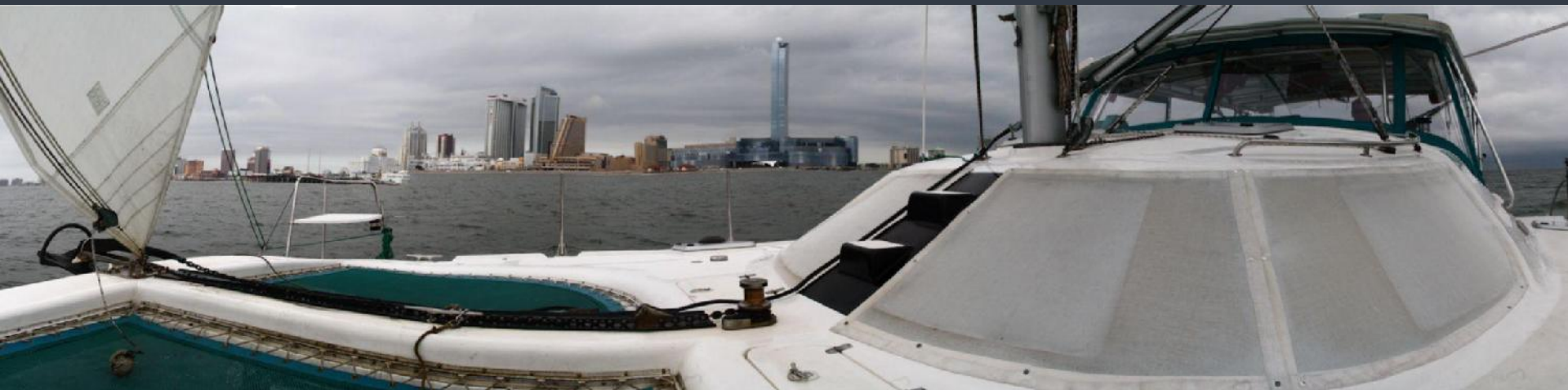
The Virtue of Patience

The Wisdom of Economy

The Dignity of Simplicity

The Value of Time

Salty Paws ~ home (and changing backyard) from 2002 to 2022



1. The Power of Kindness

Shawnna and her friend Bryanna, ages 11 and 12 and then a year later 12 and 13
Hatchet Bay, Eleuthera Island, Bahamas in 2016 and 2017



2. The Joy of Originating:

My Hardcover book THE HIVE



<https://youtu.be/-Zv1YbqBVzs?si=d8gh8MyZ7P9WoVV7>

3. The Virtue of Patience

ALI, Man of God, Holmes Rock, Grand Bahama.



4. The Wisdom of Economy:

Smart Phone Camera, Mirrorless, TG6, Slim Camera



Attached Lens means
Less dust on sensor

A Light weight phone , slim
camera, or mirrorless lets you
hoist it more often. Slim
camera:

[https://www.airfarewatchdog.com/blog/44261060/
8-slim-cameras-that-are-better-than-your-phone/](https://www.airfarewatchdog.com/blog/44261060/8-slim-cameras-that-are-better-than-your-phone/)

Fewer settings gives smoother
response, less fumbling,
happier Portraits.



THOUGHTS

QUESTION?

5. The Dignity of Simplicity : form (3D) and shape (2D)



6. LAST The Value of Time



Leo Tolstoy~ “The two most powerful warriors are patience and time.”

John F. Kennedy ~ “We must use time as a tool, not as a couch.”

“

Lao Tzu Time is a created thing.

”

To say 'I don't have time, is like saying I don't want to.'



Dates

April 14
April 21
April 28
May 5

Time

1 pm to 4 pm.
Two breaks

Locations

Visual Art Center Punta Gorda
& Historical Park next to library

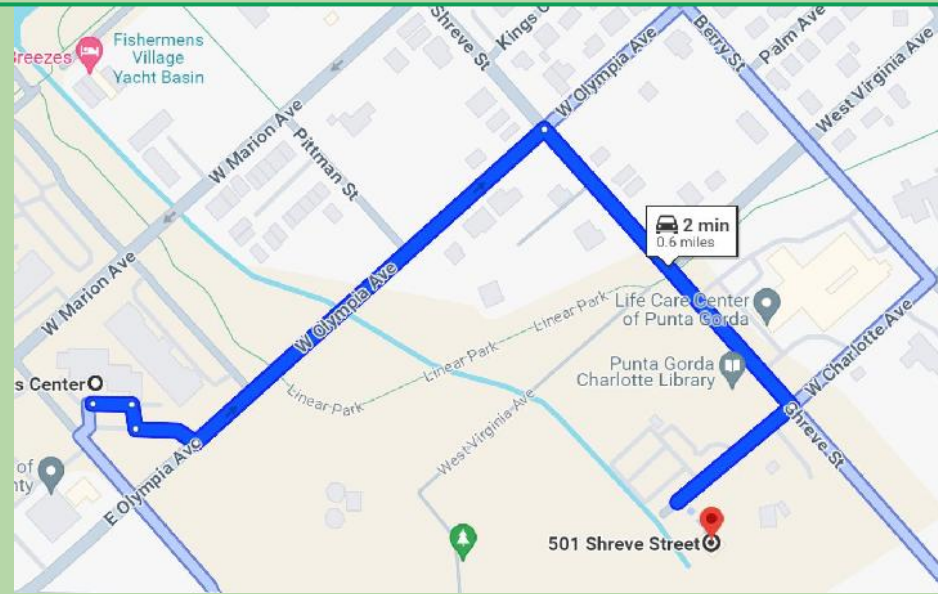
SCHEDULE

Meet first at Visual Arts Center
BYO water, walking shoes, fully charged
smartphone.

Carpools appreciated. We'll drive to
photograph at the PG History Park, 501
Shreve Street, next to Charlotte library.

Park your car in front of the History Park or
in library parking.

Photo Exercise #1, Review Photo Exercise
Break, Photo Exercise #2



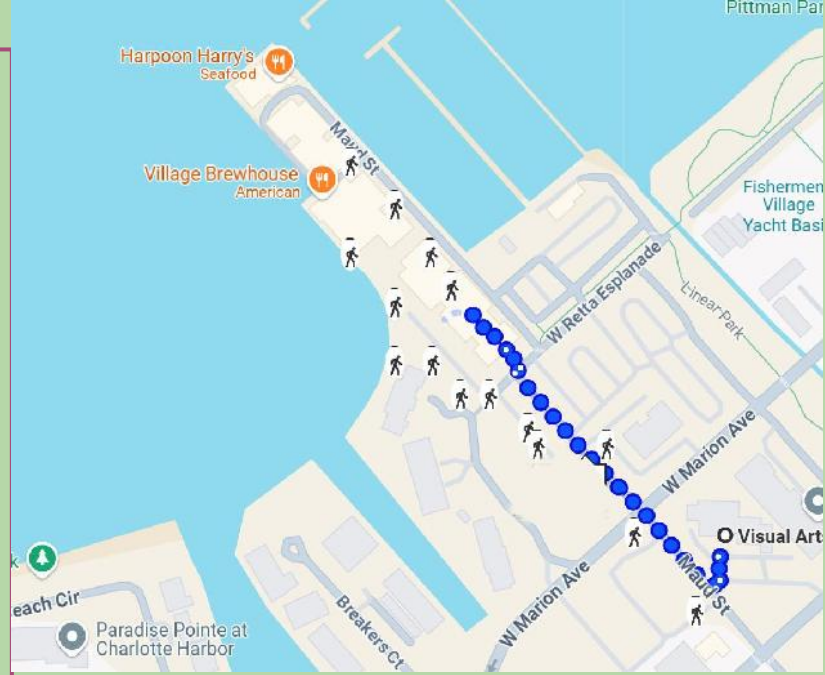
History Park Location
501 Shreve St

Restroom at Library
Porta-Toilet at History Park

SCHEDULE

Photo Exercise #2 GOAL: Edit in the field
While mobile to link Snapseed Edits together
For Self Expressive Image, one only you can
create.

1. Working the Scene. Walk, Take Visual Inventory. Make 10 images with Smart Phone
2. Choose 1 image while seated in the shade or
3. Table at Fishermens Village
4. Bring Image into SNAPSEED Crop
5. Tune Image for saturation, brightness, more
6. If needed to express idea, apply Vignette, selective, lens blur, grunge, brush.
7. Apply a frame and Sign. Save. Export. Share.



Fishermens Village Location
1200 West Retta Esplanade

Making Mindful Smartphone Photos

3 FAQs:

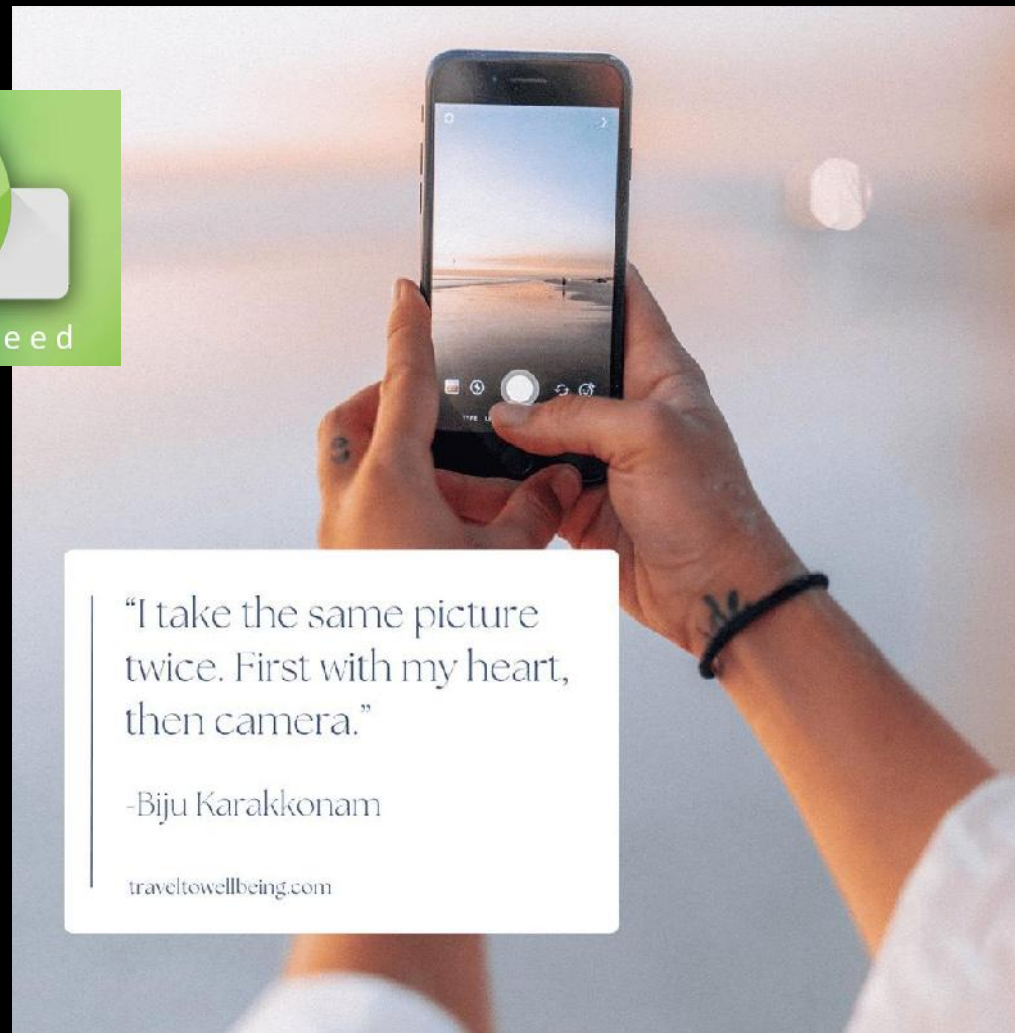
Q1: What photo editor will we use ?

Snapseed from the App store or Google Play. We will learn and practice methods for more colorful, sharper and BW photos. These skills you'll apply in your photo series. Download Snapseed Please. ←



Q2: What do I need for Monday classes ?

Your fully charged Phone, a one time \$25 cash materials fee for two prints, good shoes for walking in the history park, sunglasses and hydration and Snapseed on your Smart Phone.



"I take the same picture twice. First with my heart, then camera."

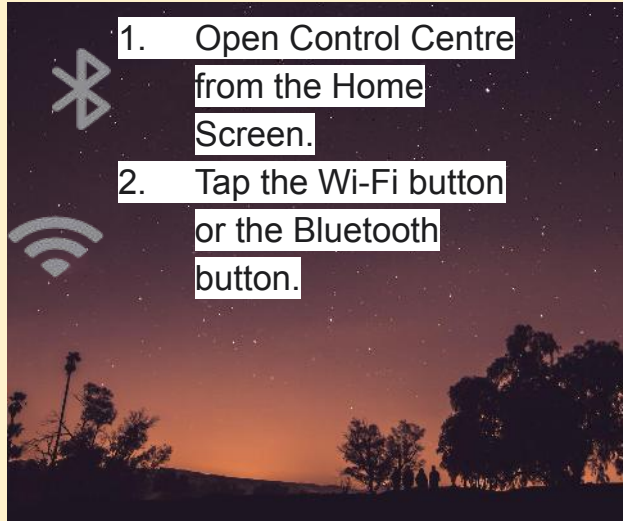
-Biju Karakkonam

traveltowellbeing.com



- **Planning and Preparation:**
Learn how to set up your phone for consistent results.
- **Practice Techniques:**
Learn mindful photography approaches of observation and centering.
- **Finishing Touches:**
Improve the color, sharpness, and impact of your pictures with Snapseed mobile app.

Craft: Settings on Your Phone



A. Set your smartphone to flight/airplane mode to avoid distractions.

B. Understand your iPhone screen: **REQUIRED READING**

<https://wpexperts.io/blog/iphone-screen-size-and-resolution/>

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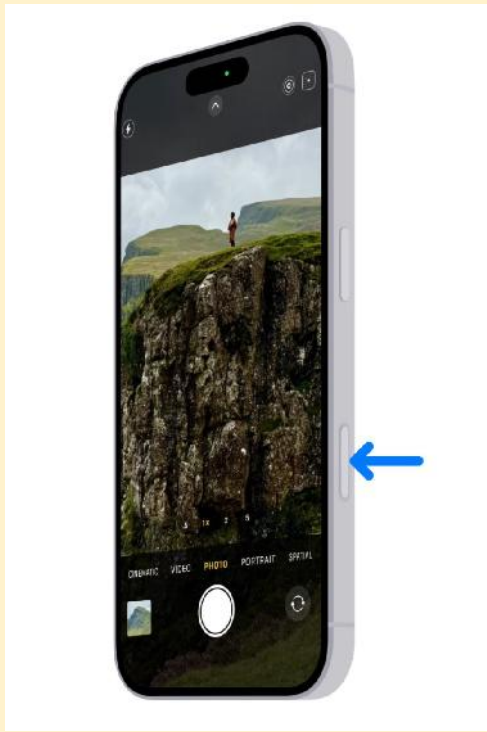


Punta Gorda Isles Civic Assn Signup (941) 637.1655

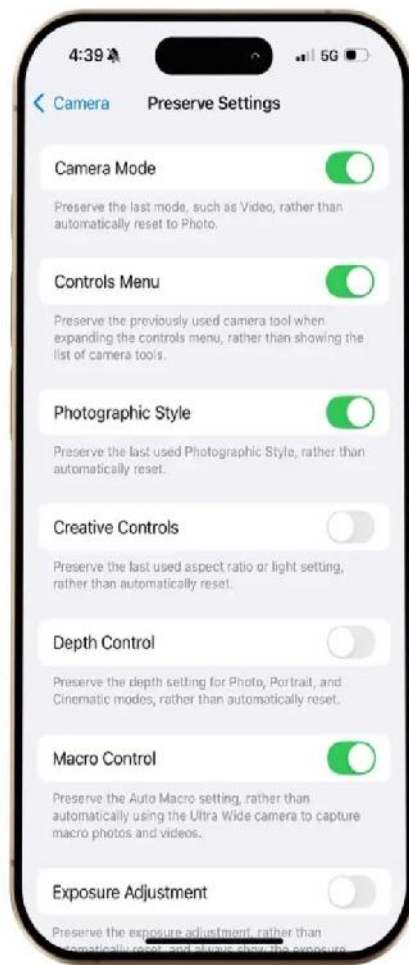
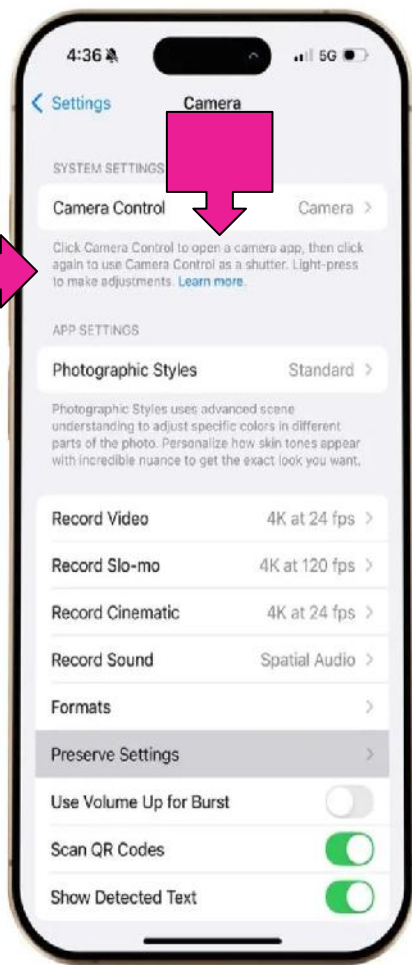
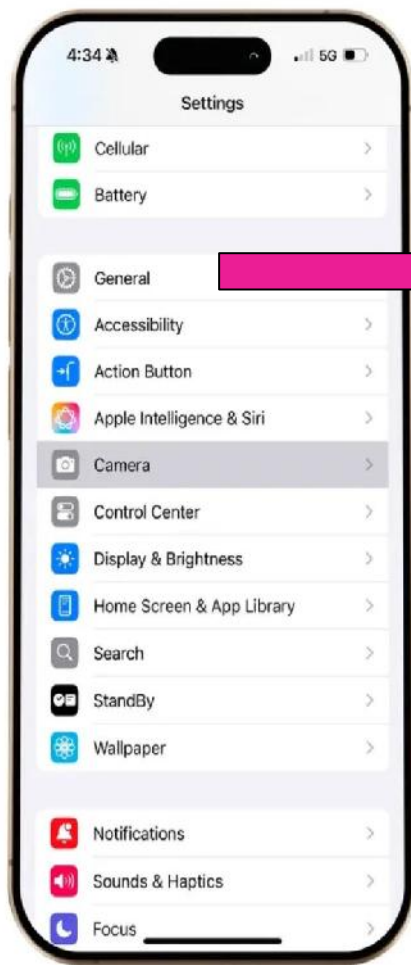
Visual Arts Center Signup (941) 639. 8810

Settings Symbol





Camera Control iphone



Better Closeups of Flowers and Bugs: MACRO is the Flower Icon





Craft Your Time

Practice Regularly

Set aside dedicated, reverent **TIME** at home to make mindful smart phone photos.

- Put in a compelling foreground.
Understand how to soften, blur and bokeh your backgrounds.

1: Vision ~ ~ ~

Slow Photography



Soft Shell Turtle Mind,
Not Hare Brain

1: Vision

5 Elements of mindful photographs:
 Little Short Foxes Tend Cows



Elements

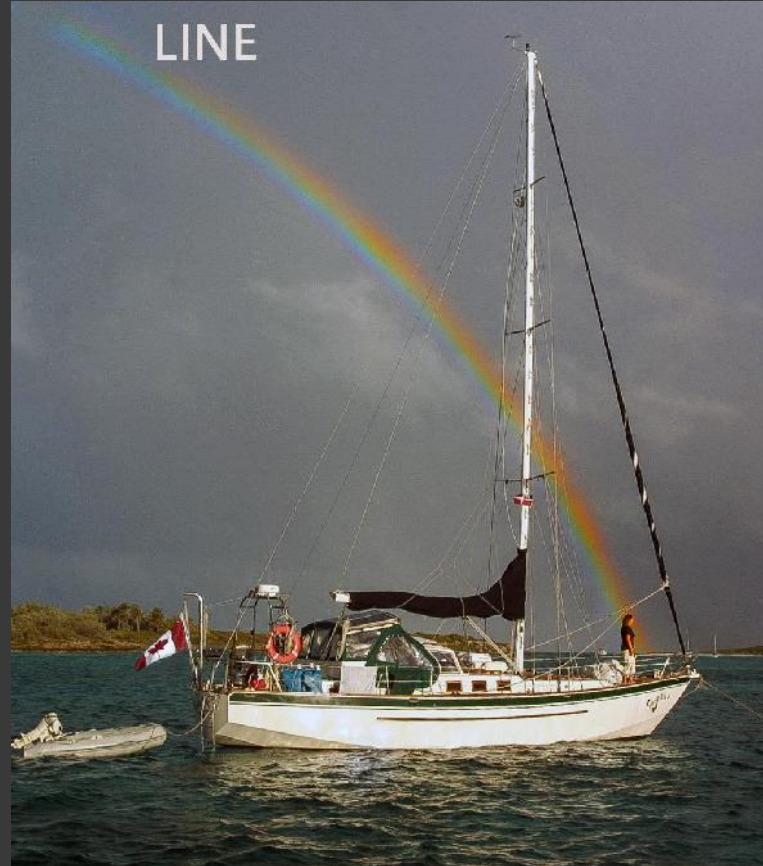
The basic building blocks

- | | |
|-----------|--------|
| • Line | Little |
| • Shape | Short |
| • Form | Foxes |
| • Texture | Tend |
| • Color | Cows |

*"Line, Shape, Form,
 Texture, Color . . . Little
 short foxes tend cows."*



1. Vision Ideas : Line



1: Vision: Shape and Form



More on Form & Shape

Shape is
2-dimensional
(boat)
Form is 3D
(basenji)



1: Vision Ideas: Texture

June 16th 2013 3: 51 pm a Chuck Wills Widow Lands Salty Paws Stern

TEXTURE



MAN OVERBOARD MOD



Interior Architecture of Saint Mary's, said to be the oldest church in the Bahamas



1: Vision Ideas: Color



CENTERING

Pick your spot. Roll slowly. Reverse nature...



1: Vision Ideas

Pause to ASK... WHY?

*The cell phone camera in
the museum*




Making photographs slowly induces
a change in attention.

We activate our VISUAL brain areas
and dampen our auditory networks.



1: Vision Ideas

The cell phone camera in the museum

-  Making Photographs promotes mindful attention to visual aspects of experiences
-  Taking photos increases enjoyment for experiences, and
-  Photographing **generates positive mood** and heightens life satisfaction.

Photographic Memory: The Effects of Volitional Photo Taking on Memory for Visual and Auditory Aspects of an Experience [Alixandra](#)

[Barasch](#) et al [Psychol Sci](#) . 2017 Aug;28(8):1056-1066. doi: 10.1177/0956797617694868.

Epub 2017 Jun 26.

1: Vision Ideas



What do Star Wars and
Jurassic Park have in
common?

P R E V I Z

1: Vision Ideas: Believe - then see.

PREVIZ

See the shot in mind before you take the shot or roll the reel.

Example: Golfers see the lay of the course in their mind.

Seeing is believing. Believe it, then see it, then take it.

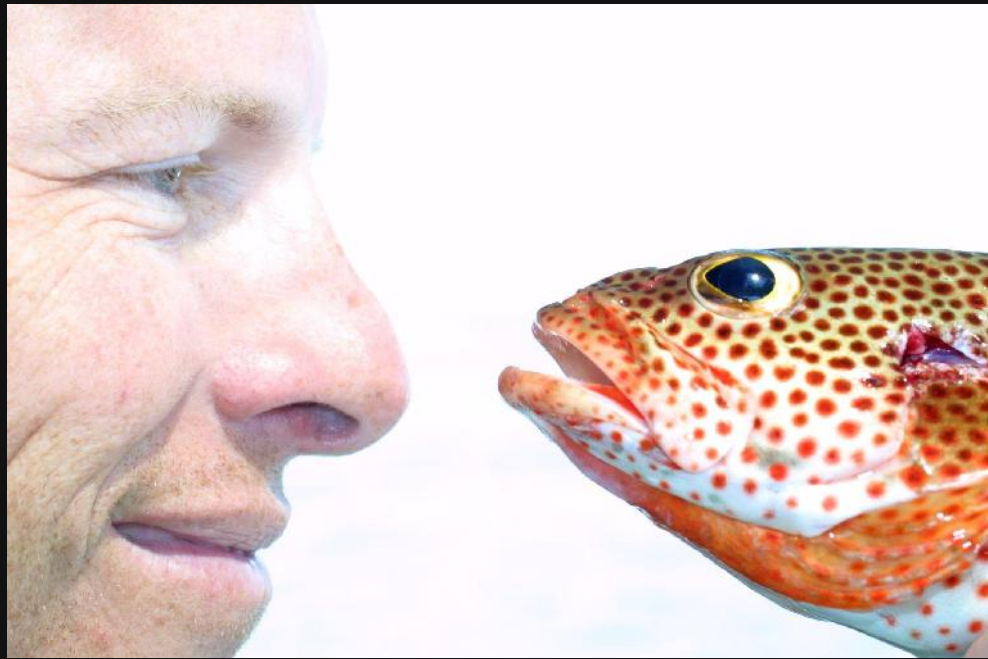
Our brains fire similarly with a vividly imagined scene as to a real scene.

2: Craft

APPROACHING THE SCENE

Understand and APPLY these
5 Smartphone Settings to
your self-expressive
photographs

Photo / Portrait/ BW or
stage light mono / Macro/
Panorama



2: Craft



Example: The *pano* mode in your smartphone camera lets you make a wide panoramic photograph. Before you press the shutter, make a mental note of an object frame left, and another frame right to START and STOP your pano recording.

1: Vision Ideas

“Whatever you can do, or dream you can, begin it.
Boldness has genius, power, and magic in it.”

1. Do I perceive it ?
 2. Do I live it ?
 3. Can I get others to see it?
- Begin a series, a body of photos (1-5) that is unique to you. We will Print 2 of these to Get impressions and Discuss as a group.



Jim Austin Images
PHOTOGRAPHY

1: Vision Ideas

LIGHT

Stop. Observe the
angle, character
and value of light.



1: Craft Play Video

CLICK on this picture to load video

“ We view beauty in thirds.”

WHAT ?: Your camera may have a Rule of Thirds Box In Your Phone's Menu



2: Craft

*When your pictures are
not yet what they can become
you're not close enough
physically.*

Also, get closer emotionally.

Robert Capa (1913-1954)

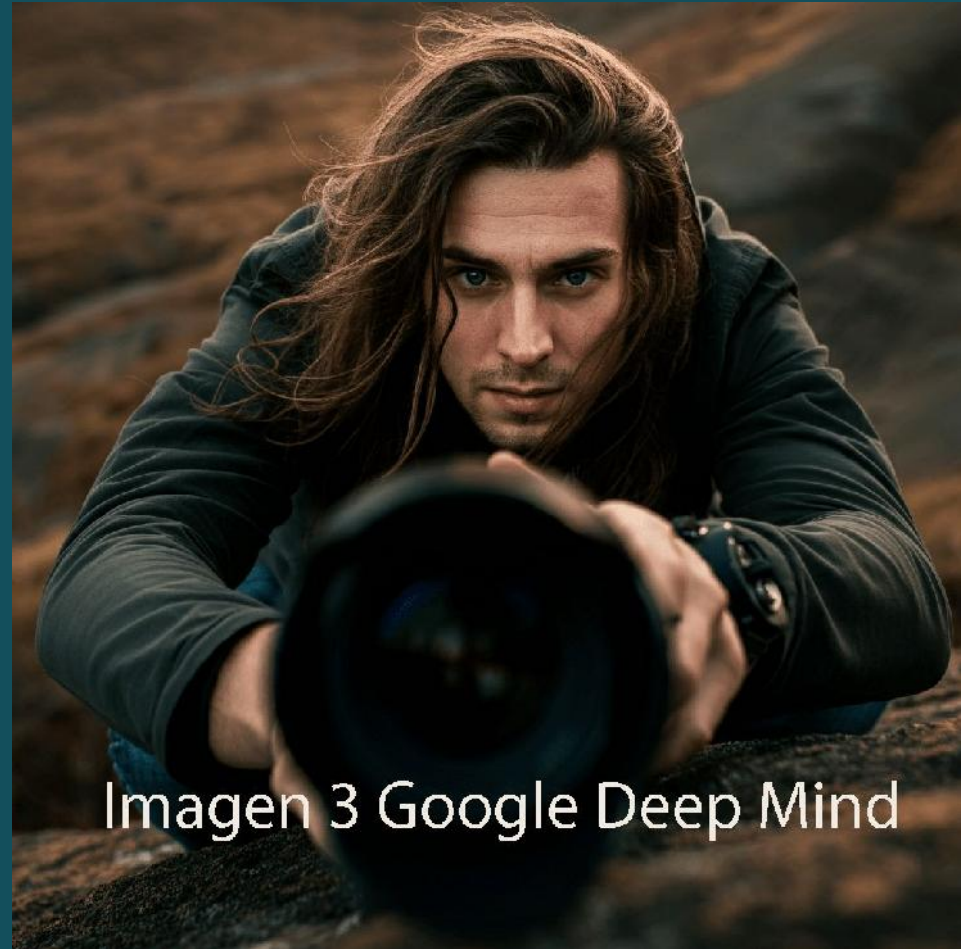


Imagen 3 Google Deep Mind



“Just visiting or photographing a place will do little for you if you don’t approach it with an attitude of reverence.”

~ Guy Tal

2: Craft Make photos daily

DAILY PRACTICE

EDIT THE COMPELLING FRAMES, IGNORE THE REST.

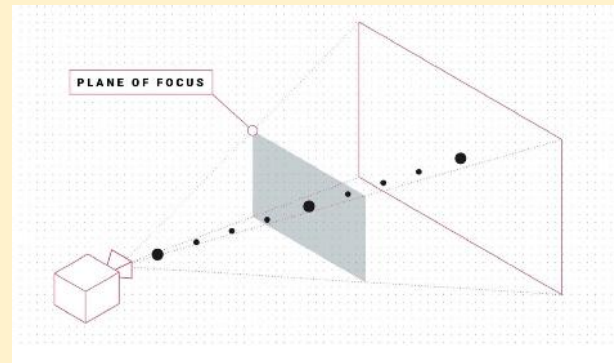
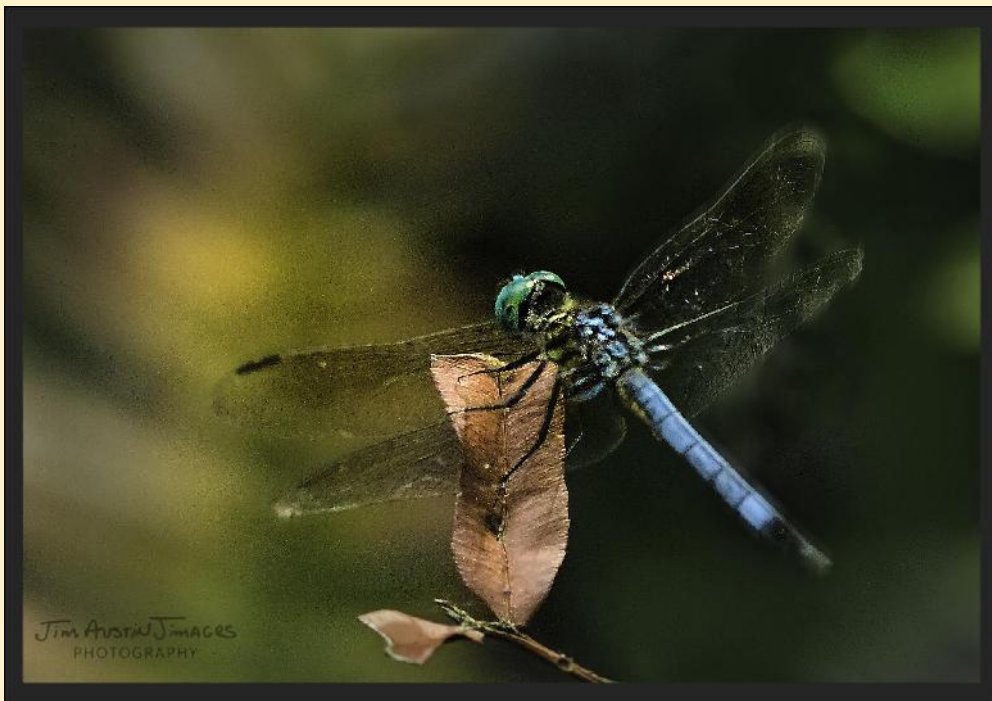
Jim Austria Images
PHOTOGRAPHY



10, 20, 30 EVERY DAY



2: Craft Softer Background



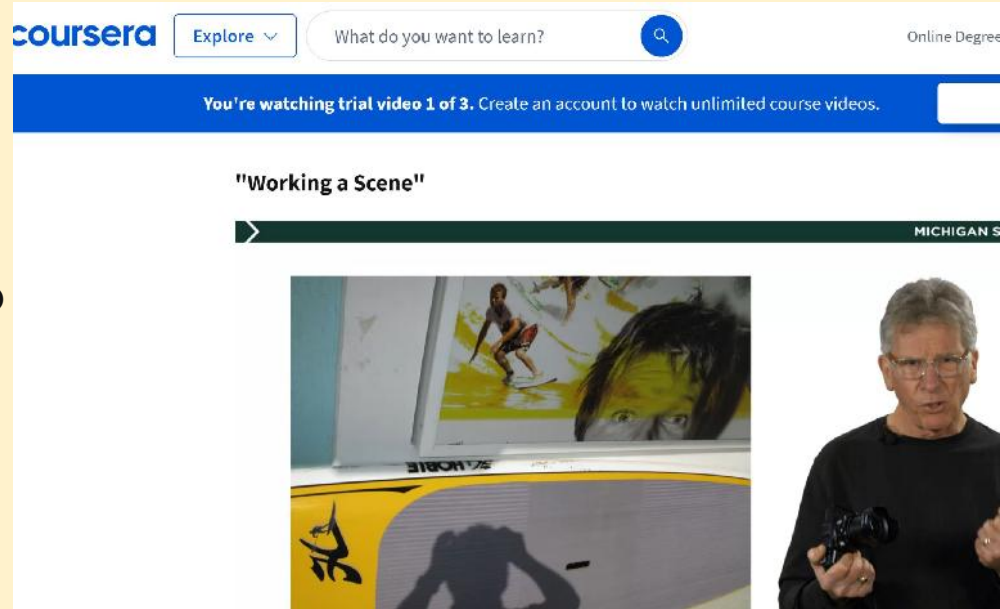
Example:

Portrait mode in your smartphone menu keeps your **BACKGROUND** softly blurred while focusing on the main subject, such as a face or a nature scene.

2: Craft: Watch Video “Work The Scene

Work the scene with your smartphone camera without looking at the screen, just get into the flow.

[Click the Video link](#)
[working the scene with Glendinning](#)



Peter Glendinning, Professor, Michigan State University

2: Craft

Zoom with your feet.

Why? On a cell phone camera, zooming with the camera digitally can lower the resolution and makes photos look noisy or grainy.



If your pictures aren't good enough, you're not close enough.

Robert Capa

2: Craft EXERCISE PRACTICE #1

GOAL: practice making photos of just one basic element

1. Walk out into a shaded area. Breathe. Make your body a tripod. Tap the screen to lock focus.
2. Make 20 to 36 photographs of:

Light, shape, motion or texture.

No labels. No good or bad. Just be present.
Saunter, listen.



Craft : Stage Light and High Key Light Mono



The **High-Key Light Mono** portrait lighting effect (earlier called **High-Key Mono**)

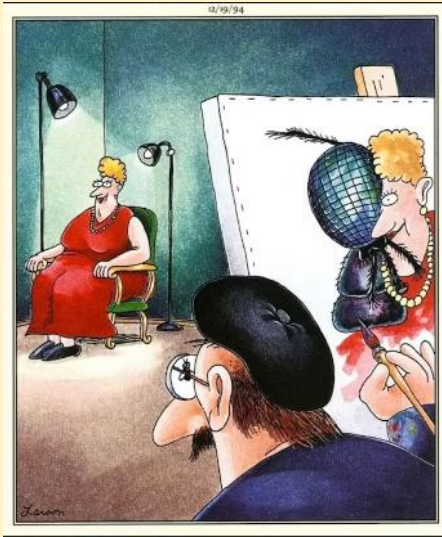
Tutorial Link:

<http://tiny.cc/wev7001>

1. Open the **Camera app** and go to **PORTRAIT** mode.
2. Swipe between the different lighting effects that appear above the shutter button in the viewfinder until you find **High-Key Light Mono**.
3. Snap up your photograph with a tap of the shutter button.

4. The photo is saved in the **Portrait** section under the **Albums** tab in the **Photos app**.

Vision: Self Authenticity



How do my photographs express myself ? *Is my work true to myself ?*

Your answer will be obvious and affirming. Or, it may not be.

Avoid dismissing new ideas out of loyalty to tradition.

Picasso and Son
Robert Capa Summer
1948, Cote D'azur.

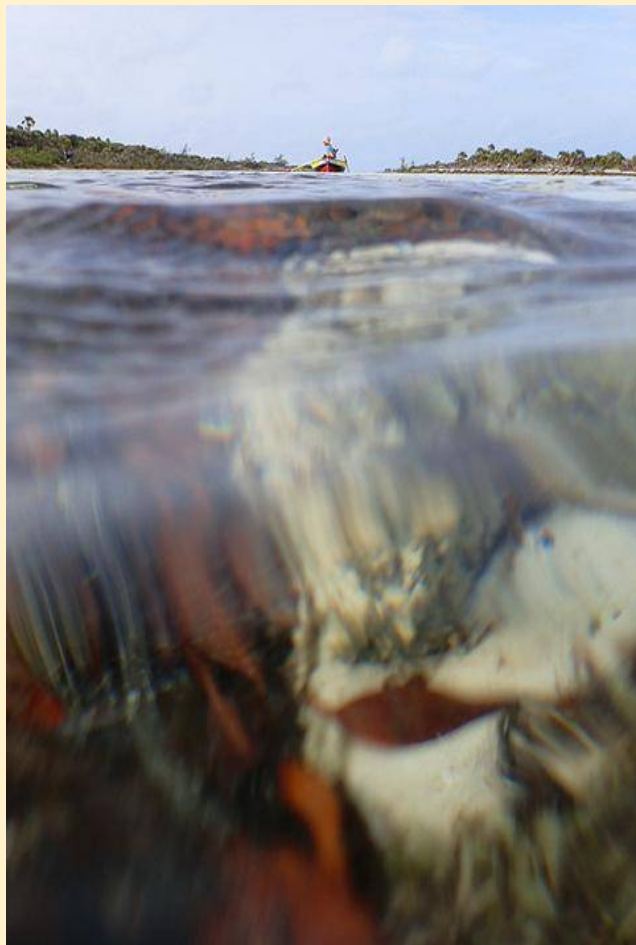


2: Craft

Our eyes go first to the sharpest, highest contrast areas in a photograph.

When the main subject is out of focus, the viewer will become confused about where they should be looking.

With your subject in sharp focus, your viewer will look at that subject longer and be drawn to that part of the scene.



2: Craft VIDEO

Click the PLAY Button



2: Craft : Watch the Video



Big pixels and large sensors allow for soft portrait and nature backgrounds.

Click **LINK**

<https://www.studiobinder.com/blog/camera-sensor-size/>

2: Craft Ideas: Look for and capture form, line shape and texture

Break down complex compositions into SIMPLE forms, lines and shapes.

Why slow while making many images?

With time in nature, and trial and error, you will make compositions that ONLY YOU CAN UNIQUELY perceive and experience. Themes will come.



2: Craft Ideas

Use your smart phone camera where ever you go,
even somewhere over the rainbow.



2: Craft Ideas Create Depth

A landscape photo is like a body with

FEET, **HIPS** and a **HEAD**

Your foreground is the feet

Middle ground is the hips

Your background is the head **HIPS**

Move your **Feet**. Be **Hip**. Use your **Head**.

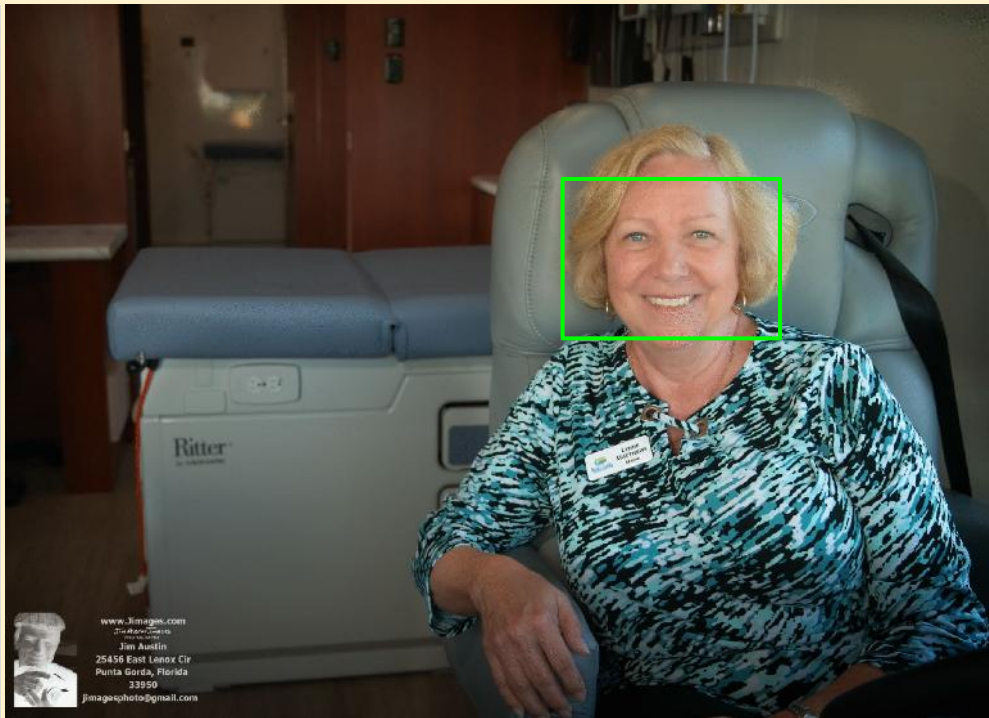
HEAD



FEET

2: Craft Ideas: Minimum Focusing Distance

- 1) Tap your screen to **lock focus on the area (Face)** you want to be in focus or emphasize the most.
- 2) If you get a Screen Error Message, Move the phone's lens farther away.



A box will show up to show you the **area you are focused on.**

2: Craft Idea Keep Carving

“I saw the angel in the marble and carved until I set him free.”

Michelangelo



2: Craft Ideas What is HEIC ?

Can I convert heic to jpg ?

A default image mode for photos taken on Apple Devices, with compressed picture info.

Twice as efficient as JPEG. Speeds up file transfers.
But how to convert? Use Tunes Bro.

<https://www.tunesbro.com/user-guide/heic-converter.html>



HEIC

2: Craft Ideas iPhone 15

iPhone 15 Pro Max Resolution size is: 1290 x 2796. So what? Good news, that's big enough for a 16 x 24 inch print.

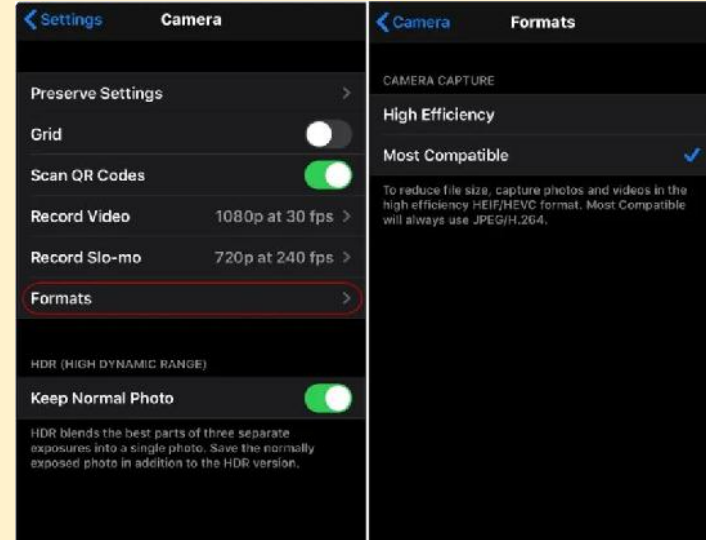
Getting Low Storage Errors?

Choose High Efficiency Image File called **HEIF** Max.

Want the highest quality?

If you really want the best overall quality possible from your iPhone, go to **Settings > ProRAW & Resolution Control** and turn that on. Then underneath that for **Pro Default**, use **ProRAW Max** (up to 48 MP).

GOAL: Find your own balance between Image quality and File size.



2: Craft Ideas

B O G O S

Breathe: Breathe and pause before tapping your phone

Observe: Color, shape and light in front of you

Go Around 4 times: make time to look at all four edges of your frame as you compose

Open: your notes to write key points

Savor: savor the imperfect. Slow down. Reflect on your self. Appreciate your surroundings. Flow. Follow process.



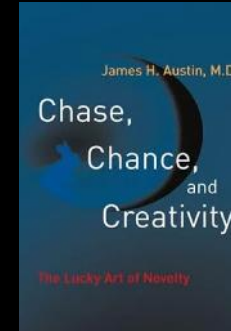
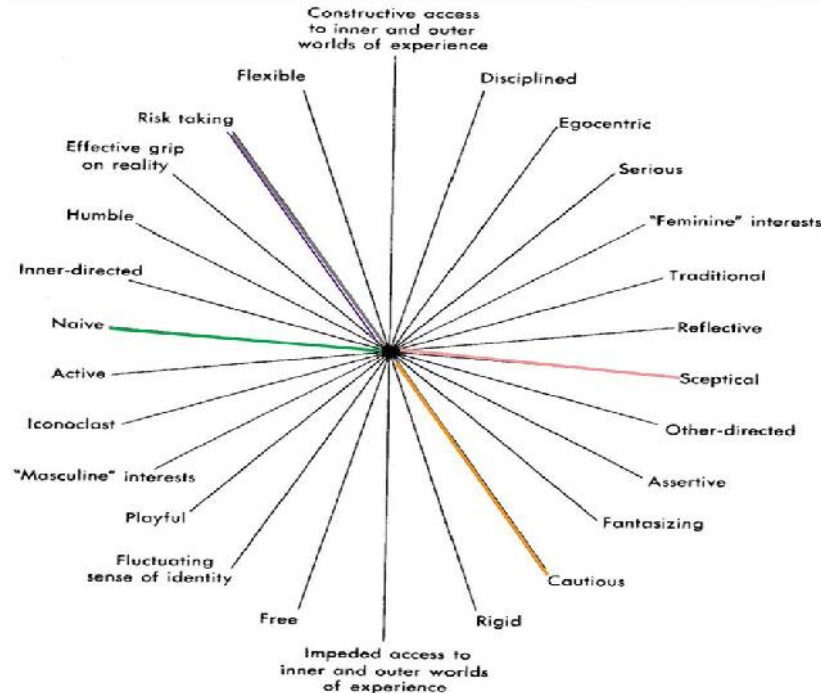


Reverence: Noun, 13th century

From root
“perceive, watch out for”
from Latin *reverentia* “awe, respect,”

Reverence is nearly equivalent to *veneration*. Implies an amount of love or affection. Differs from “awe” because it is not akin to fear, dread, or terror.

Traits in CREATIVE THINKING



“Whatever you can do, or dream you can, begin it. Boldness has genius, power, and magic in it.”

James Austin MD
Chase, Chance And Creativity, Page 119

Who is Jim ?

Grew up in Denver, Colorado. Commercial photographer in Colorado with Jimages.com portrait studio.

Sailed 20 years while living aboard a catamaran with my husband and Welsh Corgi dogs. Published adventure photo books.

Visual explorer, photographer for SW Florida Honor Flight, The Florida Philharmonic.

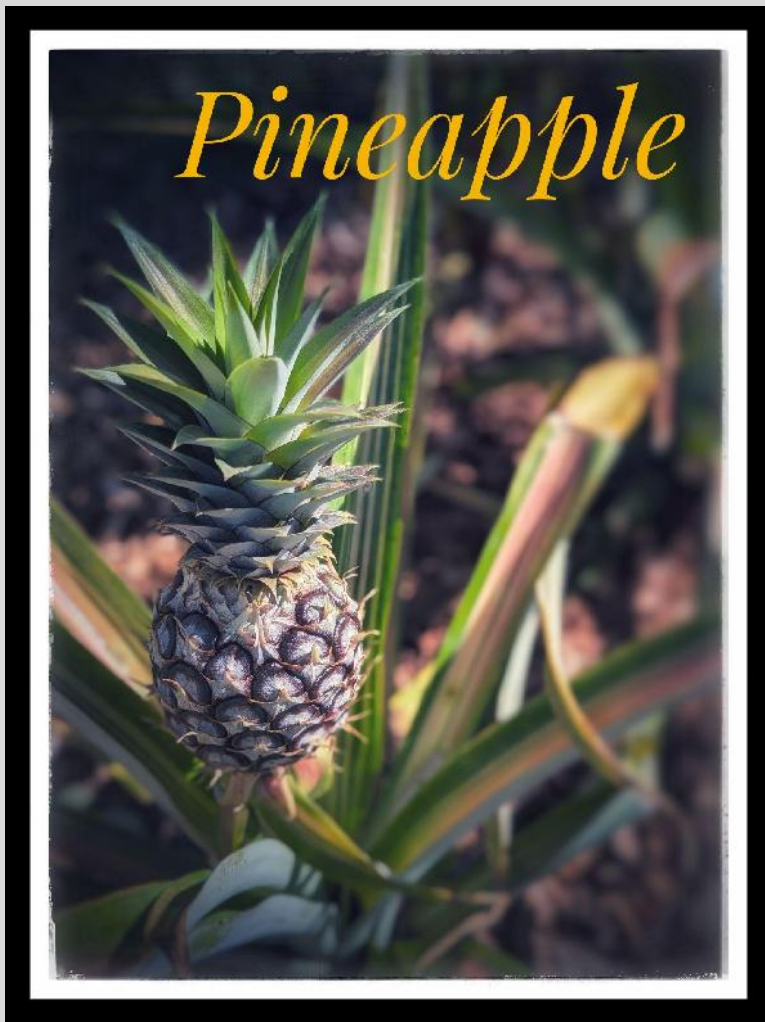
Plays with clay on a potter's wheel. Learning to coach pickleball with YMCA youth.

An optimist who believes anyone can learn with curiosity, grit, faith and an open heart~mind.





Brenda Abel



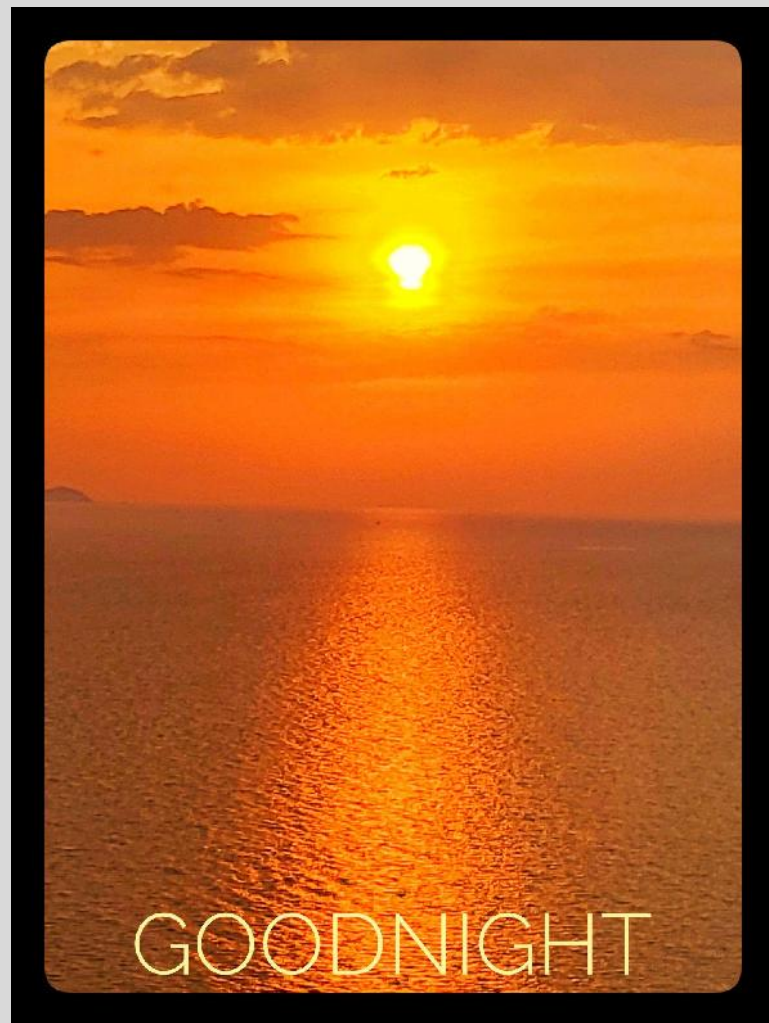
Brenda Abel



Jane Bodine



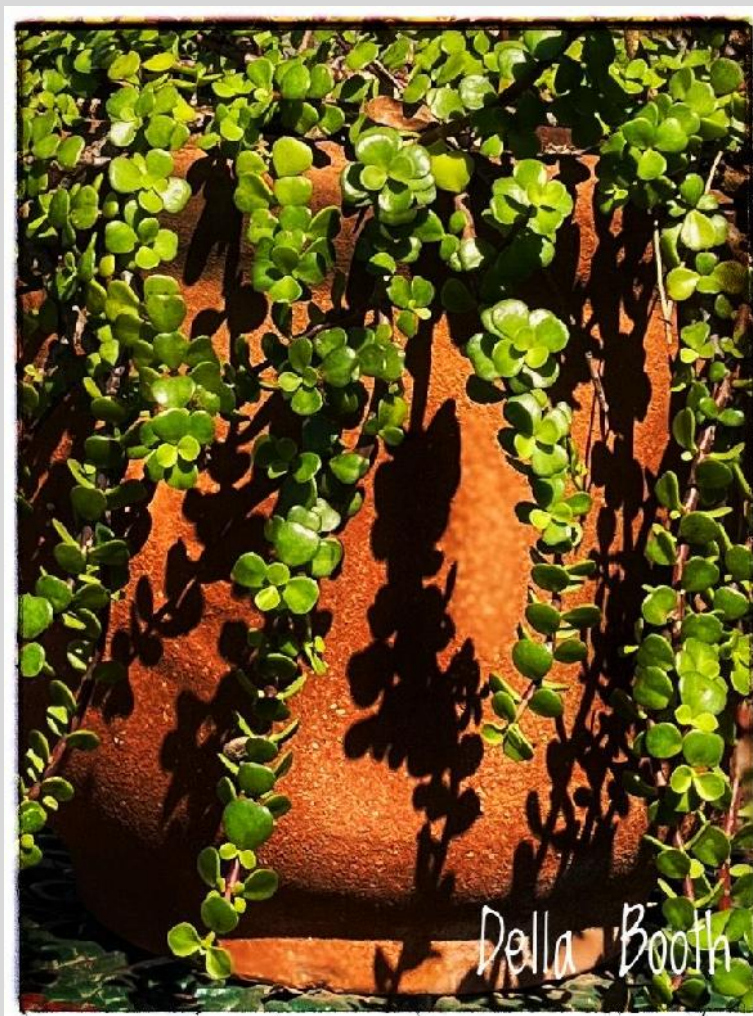
Jane
Bodine



Tex
Steiner



Tex Steiner



Della Booth



Sharon Fumei



Sharon Fumei

Heather Milosh



Heather Milosh

