

# **Photography - A Path To Healing Course**

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Dr. Allocca is the innovator of:

**Essential Health - Unlock Your Physical and Mental Wellness Potential**

Transform Your Life: Step into a journey that bridges science, nature, and consciousness. Essential Health is more than just a wellness program - it's your gateway to a healthier, happier, and more conscious existence.

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# Introduction

Everyone wants inner peace. It is the lack of inner peace that causes hatred and violence. For thousands of years various disciplines have structured long studies, mentoring, and meditations of some sort to achieve the goal of inner peace. Most of these disciplines are found in eastern cultures. The fast-paced western society has shown little interest in them, with some small exceptions. What is the solution? The solution or part of the solution is to develop a methodology that comprises of technology and some aspects of the various disciplines that will be useful and of interest to people in western society.

Almost everyone in western society has a cell phone with a camera, which makes photography easy. Photography is a tool used in this methodology to explore what people feel inside. Any camera or cell phone can be used. What are you called to photograph? What emotions does the photograph bring to the surface? How does it make you feel? This book will help to guide you through this process. This book contains two of Dr. Allocca's personal journeys: 2009 and 2018 with some additions from 2019, 2020, 2021, and 2022.

Brainicity™ Brain Biofield Enhancement is recommended as part of this journey. Brainicity™ generates a unique waveform with a specific number of harmonics. This special waveform at different frequencies are fed into the brain via headphones to produce interpreted frequencies that are within the brains biofields of delta, theta, and alpha range.

For those who meditate or want to meditate, the Genesis Meditation is recommended as part of this journey.

Dr. Allocca is a medical research scientist and biophysicist with many years of personal experience in photography and with some knowledge of Buddhism, Shamanism, Yoga, self-discovery, healing, and personal growth.

# Mindfulness and Ego Control Battles

“Ego Control Battles” leave the winner feeling emotionally energized and the loser emotionally saddened. This is not a good way to get attention. It is even worse when world leaders get into Ego Battles for control and attention. This is now the first time in recorded history that mankind has the power to destroy all life on earth. The Cuban missile crisis came close to total nuclear annihilation of all life on earth. What can be done to prevent this? It can start with one person who learns to let go of Ego Control and teaches another and another...

Before a person can grow and evolve, a person must dispense with using Ego Control Battles to obtain attention and control over others. Then, evolve and learn to live in harmony with others.

No matter what the situation is, or the subject matter, our egos prepare us to say whatever we must in order to prevail in the conversation. Each of us seeks to find some way to control and thus to remain on top in the encounter. If we are successful and our viewpoint prevails, then our ego receives a psychological boost.

This is the reason we see so many irrational conflicts in the world both at the individual level and at the level of nations. We need to learn another way to interact. This other way of interacting is the key to ending human conflict in the world, because instead of draining each other, we can empower each other.

When a person appreciates the beauty of things, their spirit is being influenced by their heart instead of their ego. When a person's heart is open, he/she can give and receive attention. Photography is one method used herein to create and appreciate beauty.

In order for this process to work, a person must be conscious of their particular Ego Control Battles. Nothing can proceed until a person really looks at their self and discover what they are doing to manipulate someone for control.

This methodology is about awakening consciousness through photography and mindfulness. As you travel this journey, be aware of your interactions with others. Be very cautious of entering into Ego Control Battles. Share your photographs, your insights, and your experiences. Entering photo contests is discouraged because it engages Ego Control Battles. The winner feels an emotional boost. The losers feel saddened. Instead share the beauty and joy you receive from these photographs.

# **Brainicity™ Brain Enhancement or Meditation**

**The Next Step in Human Evolution**

**Audio-Video Files**

**Reduce Stress - Awaken Consciousness - Support Healthy Brain Function**

## **Introduction**

Unlock Your Brain's Potential. At Allocca Biotechnology, we believe that true health and wellness come from optimizing every aspect of your body and mind. That's why we're offering our Brainicity™ Brain Enhancement system, designed to enhance your cognitive function, memory, and creativity. Our approach to brain enhancement sets us apart from the competition, as we address not only the physical but also the emotional and mental aspects of brain health. Take advantage of this offer now and experience the benefits of a sharper, clearer mind.

## **What is Brainicity™**

Brainicity™ Brain Enhancement, a system that uses audio stimulation, has evolved into the Brainicity™ Brain Enhancement system, a system that uses a unique combination of audio and video stimulation.

Brainicity™ generates a unique waveform with a specific number of harmonics. This special waveform at different frequencies are fed into the brain using audio and visual stimulation.

The heart produces electromagnetic signals, which is called electrocardiography (ECG) or the heart biofield. The brain produces electromagnetic signals, which is called electroencephalography (EEG) or the brain biofield. The brain produces an erratic biofield that can be deciphered. Brain waves are classified by frequency as Delta, Theta, Alpha, and Beta waves.

Delta (0.5 Hz to 4 Hz) is seen normally in slow wave sleep.

Theta (4 Hz to 8 Hz) is seen in drowsiness, meditation, and creative states.



Alpha (8 Hz to 12 Hz) emerges with closing of the eyes and with relaxation, and attenuates with eye opening or mental exertion.

Beta (12 Hz to 30 Hz) is associated with active, busy or anxious thinking and active concentration.

Gamma (30 Hz to 42 Hz) modulate perception and consciousness. A greater presence of gamma may relate to expanded consciousness.

Brainicity™ uses integrated harmonic wave audio patterns to facilitate multiple brain biofield resonances. Too many harmonics can cause the brain to be overwhelmed because it has a limit of how much information can be processed at a given time resulting in the brain ignoring the inputs. Too little harmonics will not be effective. An integrated wave will produce a limited number of harmonics, which can be interpreted by the brain. Resonance occurs when the frequency of a periodic waveform is in phase with an external periodic waveform of equal or almost equal frequency to the internal frequency. This causes the system to oscillate with a larger amplitude than the force applied at other frequencies. Waveforms in the frequency range of 0.5 to 20 hertz are below the human hearing range. In order for the brain to be able to sense brain wave frequencies it cannot hear, binaural application of different frequencies are applied to the brain. The difference between two frequencies produces a third frequency, which is within the human hearing range of the brain wave frequencies (brain biofield). Then, the resulting complex pattern of waveforms are set to achieve multiple resonances with the brain's own waves.

In a clinical study, the Brainicity™ system , formally known as NeuroPath, caused an immediate increase in alpha brain waves and relaxation.

The system can be used with headphones, earphones, or speakers.

Visit [www.allocca.com](http://www.allocca.com) for more information.

## **The Genesis Meditation**

Sit straight facing forward with your feet apart.

Begin meditating by closing your eyes and imagining someone who will help you to feel love. Open your heart and feel love, unconditional love for people, animals, plants, and all creations. Feeling love is the most important part of this meditation.

Imagine that there is a hollow tube that extends from the top of your head, through your body along your spine to the bottom of your spine.

Inhale slowly and deeply. Expand your diaphragm and belly first, then allow your chest to expand as you draw in Prana through the top and bottom of the hollow tube.

The inhalation should take about 7 seconds.

Exhale slowly and deeply by contracting your diaphragm and belly first, then allowing your chest to contract as you concentrate the Prana in your Hara.

The exhalation should take about 7 seconds.

Repeat the inhalations and exhalations deeply for 7 breaths. After the 7 deep breathes, begin to breathe normally and regularly.

Concentrate on the regularity of your breathing and the flow of Prana through the tube from both directions and the concentration of Prana in your Hara. It is not unusual to feel palpitation in your heart as the energy flows through your body. This is the life-giving energy that cleanses and rebuilds your mind and body.

As thoughts or pictures come into your mind, allow them to be the focus of your attention. Allow them to enter and exit your consciousness freely.

# The Journey Started in Sedona

----- Begin Personal Notes -----

*"It's 12:11 am, February 24, 2009. I just laid my head down only ten minutes ago, when a flash struck me! A new project unfolded before my eyes, producing a book about a photographic spiritual journey. I will begin in the Spring. Then, continue into the Summer, Fall, and Winter. I will write a story to go with the photos - a spiritual journey - a vision quest. I will call it "Journey of the Seasons." It begins with the question, "why?" Why to everything. Why are we here? Why are people so lost? Why can't people and nations get along? Why are we destroying our atmosphere? Why can't people cooperate?*

*About 18 years ago, I led several groups called "Spirituality through Photography and Art." The purpose of the group was to bring out hidden issues and resolve them through what we create in our artwork. So, now I take a dose of my own medicine.*

*I recall the following story I wrote in 1991 called "A Call to Peace."*

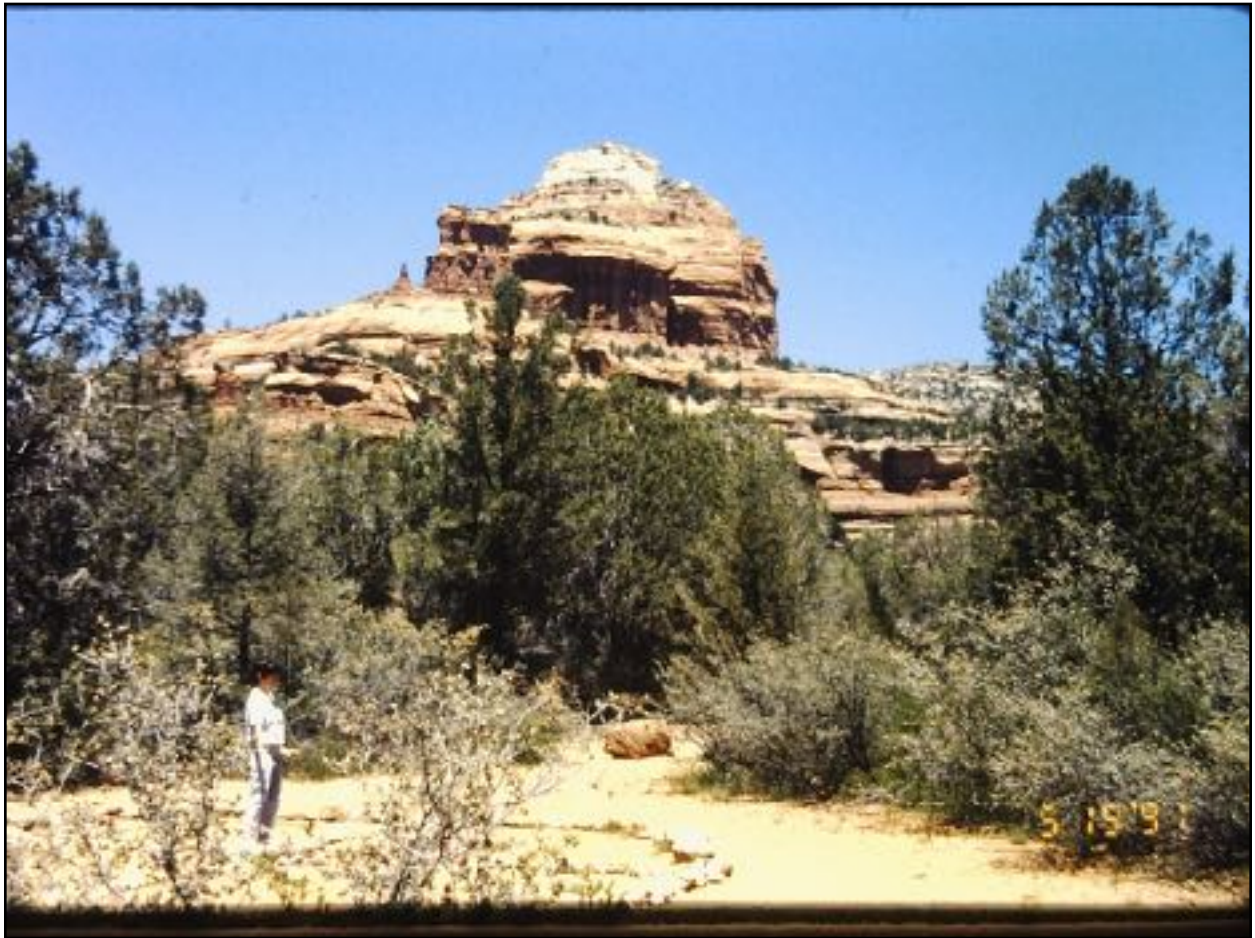
*At 33,000 feet I begin to unpack my collection of books, magazines, journals, and food. After all, how could I be expected to even think of sitting still for two and a half hours on a plane. The first magazine I chose was "Popular Photography." Originally, this trip to Sedona was my wife Irene's ideas. As usual, I went along for the ride. Before I left, I decided to make a project out of the trip. I chose photographing Sedona as the project to keep myself busy and out of trouble.*

*It's very interesting why I chose or was led to choose photography as my project for the trip. I became interested in photography when I was a child. I was constantly taking pictures, developing and printing them, and generally having a lot of fun. When I was older, I made photography a part-time profession doing weddings and other events. Since that time, I took pictures only for work and no longer for fun. However, on this trip to Sedona, I wanted to have fun.*

*So, I read the photography magazine cover to cover and planned in every detail all the pictures I was going to take in Sedona. With my camera slung over my shoulder we headed off to Sedona in a rented car. After an hour or so of traveling, I saw a sign, "Scenic Outlook and rest area." Great! This is my first chance to take some pictures. So, out of the car we came and click, click, click, click went the camera. Wow! I'm taking pictures, isn't this great? I'm not going to be bored here.*

We finally reached the town of Sedona. The scenery was breathtaking, and all I could think of is how many pictures I could take without being bored. While looking for a place to have lunch, we encountered a lot of traffic, parking problems, and cars honking their horns. I turned to Irene and said, "Why did we leave New York, people are the same no matter where you go." We went to several restaurants to find a place where I could get something vegetarian, because I was obstinate about not being forced into eating meat. Irene was very patient and understanding. I finally ended up eating a dry lettuce and sprout sandwich fit for rabbits, but it didn't have any meat in it. After checking into the motel, our first vortex visit was Airport Mesa. This was a beautiful place and I could feel the energy of the vortex. Irene did some meditating. I could see she was really happy and at peace. I took pictures and thought it was a nice place.

The next day we went to Boynton Canyon. We came across a medicine wheel and a man with a story. My interest at this point was mainly to find some shade. As Irene meditated in the medicine wheel, I went off and found some shade. I unloaded the backpack, fanny pack, water, camera, rugs, and cushion and sat comfortably in the shade. I made more click, clicks. Suddenly, I felt little bites on my legs, arms, and all over. Well, I was not the only one in this canyon who liked this shady spot, so did some ants. I gathered our little portable living room, cleaned off the ants, and headed back to the medicine wheel where Irene was. We continued our hike and found the second medicine wheel, where Irene meditated and we had lunch. After lunch, we made it up the hill to the "Kachina Woman" rock, which I found out later is an energy vortex spot. We found a small medicine wheel and Irene meditated, while I sat under a tree.



**Irene in the Medicine Wheel - Sedona**  
(35 mm camera)



**Kachina Rock - Boynton Canyon, Sedona**  
(35 mm camera)

While, sitting and looking out over the valley and other hills, I saw an Indian spirit, then another, and another, and another. Soon I saw families and tribes living in harmony with nature and for the most part, with each other. It wasn't perfect, but it was peaceful and people were happy. At this moment, everything changed for me. I completely forgot about taking pictures, and couldn't even think about being bored. This was such a peaceful place, the energy was really good. Suddenly, I began to feel happy about being here. This spot is a peaceful place. I finally found a place on this planet that was peaceful. I immediately began to think of moving and living in Sedona. But, I didn't particularly feel like thinking of all the details at this time. I just wanted to enjoy this peaceful place, and do nothing else. I saw that there was peace among the Indians that lived here, but not perfect peace. There were disagreements and people who didn't get along. The difference with them is that they decided to deal with the differences, rather than create a disruption of the tribe itself.

I began to question what is so different about this place than any other? I found that the difference is that this place opens up your heart to issues. The peace that I saw was not in this canyon but inside of me. The unhappiness inside of me for so long was my own creation because I wanted to change the world. I wanted to make it better. I wanted to make peoples lives happier. When I failed to accomplish that, I became unhappy with myself. The lesson I learned at Boynton Canyon was something I knew in my head all my life, but somehow never felt it in my heart. The lesson is that you cannot make people happy, only they can make themselves happy. I always knew it, but never really felt it in my heart until this day in Boynton Canyon. All you can do in life is the best that you can to guide people to find their own happiness. The rest is up to them, to open their hearts and see the world as it really is, not the way they want to see it.

Ironically, I returned from Sedona with much less pictures than I expected, but the ones I have are happy ones.”

----- End Personal Notes -----





**Cathedral Rock - Sedona**

(35 mm camera)



# Photographic Journeying

This Journey is a photographic journey of self discovery - a vision quest. It will begin in the East. Then, it continues into the South, West, and North. It begins with questions about yourself. With a little luck, answers may come through the photographs or how they were obtained. Be sure to keep notes as you proceed on this journey. A journal book may work well to keep notes in.

The journey will follow the path of the Native American Medicine Wheel, a living tool as we travel to each direction. The attributes of the Medicine Wheel varies from culture to culture. Some common thoughts are the principle that life is a circle and that the four directions stand for North, South, East and West with Mother Earth being below and Father Sky being above. The Medicine Wheel can be seen as a mirror that lets us see inside ourselves and our society in order to develop, realize, and become our potential. As we grow, we change like the seasons, passing through the sections of the circle, learning from each direction. Animals that seem right for this particular journey were chosen as a personal preference. Other animals may be chosen for other journeys. The East was chosen by this author as a point to begin because it represents Spring and new beginnings. Beginning in the East is only a personal preference. The journey can begin in any direction, The Incan Shamans begin in the South and end in the East with a vision.

This journey begins in the direction of the East on the Medicine Wheel from where the sun rises and we begin a new dawn. Each day is new with a fresh beginning. New ideas come to light and all things begin to grow and awaken. The sun rises in the East and empowers us. The archetypes of the East are animals with wings such as, the eagle, the hummingbird, the owl, and the hawk. The eagle was chosen by this author as the archetype that represents the direction of the East. We will call upon the eagle to help us create a vision for ourselves. We will look ahead to the future and create our destiny for ourselves and for our planet. The East represents vision.

The journey continues in the direction of the South on the Medicine Wheel where we transform into the fruit of our labors. We mature and grow into an adult in the time of mid-day, the hottest part of the day when the sun is overhead and casts no shadows. It is a time to accept the change, learn, and understand. The archetypes of the South are animals that represent pride, strength, and courage such as, the lion, the serpent, and the wolf. The serpent and the lion were chosen by this author as the archetypes that represents the direction of the South. Traditionally, only one animal is chosen to represent a direction. We will call upon the serpent to help us disconnect from our past life karma and to set us free on our path. We will shed our skin as the serpent does. One cannot build without sweeping away the clutter of what existed

before. We will also call upon the lion for the strength and courage to strip away the past and plunge forward into the fire. The South represents passion.

The journey continues in the direction of the West on the Medicine Wheel where we are in an age of maturity, the time of the setting sun. Daylight fades and brings a new awareness. When darkness comes, we must look inward to find light and courage in the emotional part of ourselves. It is the place of emotions, family, and love. The West is where we learn that we are responsible for all things and each other. It is a time to prepare and finish for the coming time of Winter. It is a time of hard work and team effort. The archetypes of the West are animals that represent spiritual awakening, team work, and preparedness such as the beaver and the jaguar. The Jaguar and the Beaver were chosen by this author as the archetypes that represents the direction of the West. The jaguar has its hind legs in the physical and his forelegs in the spiritual realm. We will call upon the jaguar to help us prepare to die and leap into spirit, awakening to the understanding that there is no death since we are already one with spirit. We will call upon the beaver to help us understand that we are one and should work together for the greater good. This direction is a place of initiation for the spiritual warrior. The West represents emotions.

The journey will end in the direction of the North on the Medicine Wheel where we get older and our hair turns white. With the experience of age we gain wisdom and have time to reflect upon our lessons. The direction of the North represents purity and wisdom, a great place of healing. The time is after midnight, a dream time. This is a time to go deep within ourselves, like a bear in a cave. The archetypes of the North are animals that have a layer of fat to sustain them through the Winter such as the white buffalo, the horse, the moose, and the bear. The white buffalo was chosen by this author as the archetype that represents the direction of the North. We will call upon the white buffalo to take us to the Crystal Cave where the Masters sit and we will sit among them and ask them to teach us of the higher knowledge. The North represents wisdom.

# Journey to the East 2009

Out of darkness, comes light.

Out of despair, comes hope.

Out of destruction, comes life.

And so, out of Winter, comes Spring.

This journey begins in the direction of the East on the Medicine Wheel from where the sun rises and we begin a new dawn. Each day is new with a fresh beginning. New ideas come to light and all things begin to grow and awaken. The sun rises in the East and empowers us. The archetypes of the East are animals with wings such as, the eagle, the hummingbird, the owl, and the hawk. The eagle was chosen by this author as the archetype that represents the direction of the East. We will call upon the eagle to help us create a vision for ourselves. We will look ahead to the future and create our destiny for ourselves and for our planet. The East represents vision.

----- Begin Personal Notes -----

*"It is March 20, 2009, the Spring equinox, the first day of Spring. It didn't start the way I had expected. I planned to photograph buds with my new macro lens. But, I'm shocked to see snow flurries. What kind of day is this for the beginning of Spring? I photographed the dreary day in my backyard. Not much to see. The trees are bare. The sky is cloudy. And, I have to rush off to a meeting. So, I look forward to tomorrow, which I hope will be a brighter day. I've had my eye on some branches, which are now starting to grow buds.*

*On the second day of Spring, the sun awakened. It is a chilly morning, just above freezing. Out came the camera, macro lens, and ladder to capture the first buds of Spring. This will be another busy day, just enough time to choose the photo, paste it in this book and write this paragraph. This is not how I planned it. I was going to be walking around parks and harbors click, clicking away. Instead, I had to settle for my back yard. Hurry, hurry, hurry is what my life is like, always struggling to earn enough money to pay my bills. I'm really looking forward to my trip to Woodstock in a few weeks. Hopefully, I will have some time to devote to photography and this journey.*



**Self Portrait as the Journey Begins**

(Nikon D700, 24-120 mm FX at 120 mm, f/5.6, 1/60, ISO 800)



**A dreary First Day of Spring**

(Nikon D700, 24-120 mm FX at 24 mm, f/8, 1/250 sec, ISO 800)



### **The First Buds of Spring**

(Nikon D700, 60 mm Macro FX, f/13, 1/640 sec, ISO 800)

*The next stop was upstate New York, where I planned to do some nature photography. My friend Umberto owns a horse ranch with 82 acres of property. There should be plenty of photos there. Umberto told me of a spot where deer come to feed every day. Wow! That should be spectacular. So, I setup my equipment and waited. Then, waited some more. Then, waited some more. After several hours went by, the only wildlife that came by were of the insect variety. Finally, Umberto came by to check on me and took a photo of me.*





**John Waiting and Waiting and Waiting**  
(Canon PowerShot A550, 5.8 mm, f/2.6, 1/500 sec, ISO 400)



*The next day I went to visit my friend Mitch and told him of my disappointment. He had an idea and took me to a bird sanctuary in Saugerties called Ravensbeard. I took several photos. Then, I came across the hawk. The hawk was facing away from me and close to a wall. I could not get a photograph from the other side. So, in my mind I asked the hawk to turn around. The hawk turned around, looked me straight in the eye, and I went click. Then, I photographed the falcon and owl.*

*The lesson I learned from this part of the journey is to expect the unexpected.”*

*----- End Personal Notes -----*



**Hawk**

(Nikon D700, 70-300 mm FX at 300 mm, f/9, 1/320 sec, ISO 400)



**Falcon**

(Nikon D700, 70-300 mm FX at 120 mm, f/19, 1/400 sec, ISO 400)



**Owl**

(Nikon D700, 70-300 mm FX at 120 mm, f/11, 1/500 sec, ISO 400)

# Journey to the South 2009

The journey continues in the direction of the South on the Medicine Wheel where we transform into the fruit of our labors. We mature and grow into an adult in the time of mid-day, the hottest part of the day when the sun is overhead and casts no shadows. It is a time to accept the change, learn, and understand. The archetypes of the South are animals that represent pride, strength, and courage such as, the lion, the serpent, and the wolf. The serpent and the lion were chosen by this author as the archetypes that represents the direction of the South. Traditionally, only one animal is chosen to represent a direction. We will call upon the serpent to help us disconnect from our past life karma and to set us free on our path. We will shed our skin as the serpent does. One cannot build without sweeping away the clutter of what existed before. We will also call upon the lion for the strength and courage to strip away the past and plunge forward into the fire. The South represents passion.

----- Begin Personal Notes -----

*"The new Nikon D3X camera arrived today at 10:25 am. What a relief after waiting a long time for it. I charged the battery and tested the camera. I plan to start shooting tomorrow.*

*Rain, rain, rain. The skies are filled with rain day after day. The new camera sits in its case. Five days later and the sun came out for a short time. I photographed the dandelions and a wandering ant in my front yard. What a relief to finally get out there into nature, even if it is only my front yard, and take some pictures. The photo of the dandelion with the small ant on it is a rare find. Wow! In the back yard, I found "Orange Asiatic Lilies." At home, I found "House Plant Growing." And, in the back yard, I found "Spectacular Clouds." Sometimes we can search the earth and find what we are looking for in our own home.*

*Next, I popped the macro lens into the camera and photographed "Ooooh That Ant" and the "Dandelion Clock," which brought an end to this part of the journey.*

*The lesson I learned from this part of the journey is that sometimes you just have to look around you to find what you want."*

----- End Personal Notes -----





**Orange Asiatic Lilies**

(Nikon D3X, 24-120 mm FX at 66 mm, f/5.3, 1/500 sec, ISO 400)



**House Plant Growing**

(Nikon D3X, 60 mm Macro FX, f/2.8, 1/60 sec, ISO 400)



### **Spectacular Clouds**

(Nikon D3X, 24-120 mm FX at 24 mm, f/5.6, 1/8000 sec, ISO 400)





**Ooooh That Ant**

(Nikon D3X, 60 mm Macro FX, f/8, 1/250 sec, ISO 800)



**Dandelion Clock**

(Nikon D3X, 60 mm Macro FX,  $f/9$ ,  $1/320$  sec, ISO 800)

# Journey to the West 2009

The journey continues in the direction of the West on the Medicine Wheel where we are in an age of maturity, the time of the setting sun. Daylight fades and brings a new awareness. When darkness comes, we must look inward to find light and courage in the emotional part of ourselves. It is the place of emotions, family, and love. The West is where we learn that we are responsible for all things and each other. It is a time to prepare and finish for the coming time of Winter. It is a time of hard work and team effort. The archetypes of the West are animals that represent spiritual awakening, team work, and preparedness such as the beaver and the jaguar. The Jaguar and the Beaver were chosen by this author as the archetypes that represents the direction of the West. The jaguar has its hind legs in the physical and his forelegs in the spiritual realm. We will call upon the jaguar to help us prepare to die and leap into spirit, awakening to the understanding that there is no death since we are already one with spirit. We will call upon the beaver to help us understand that we are one and should work together for the greater good. This direction is a place of initiation for the spiritual warrior. The West represents emotions.

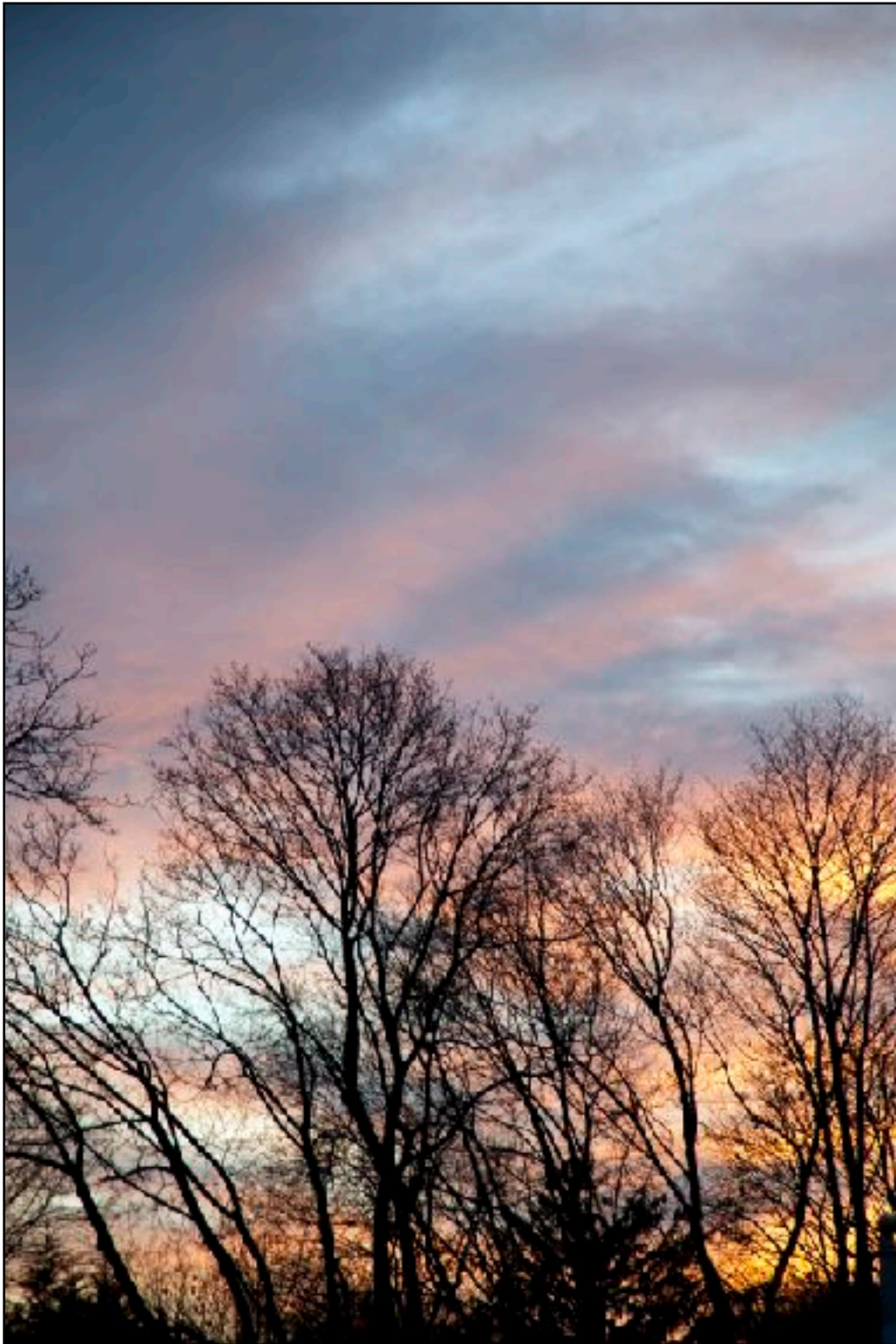
----- Begin Personal Notes -----

*"It was a very quiet and peaceful autumn. Like the Summer, I didn't feel called to any location. So, I stayed home and got the "Autumn Sunset."*

*The photo "Autumn Sunset" was taken last night, November 20, 2009. It's been a long time since the beginning of Fall, which was September 22, 2009. I looked out of the sliding doors in the back of my house and saw this gorgeous sunset. I ran downstairs, got my camera, and took the photo. Taking a handheld photo at 1/30th of a second is difficult. But, it came out great.*

*The lesson I learned from this part of the journey is that we are surrounded by beauty."*

----- End Personal Notes -----



**Autumn Sunset**

(Nikon D3X, 24-120 mm FX at 120 mm, f/6.3, 1/30 sec, ISO 400)

# Journey to the North 2009

The journey will end in the direction of the North on the Medicine Wheel where we get older and our hair turns white. With the experience of age we gain wisdom and have time to reflect upon our lessons. The direction of the North represents purity and wisdom, a great place of healing. The time is after midnight, a dream time. This is a time to go deep within ourselves, like a bear in a cave. The archetypes of the North are animals that have a layer of fat to sustain them through the Winter such as the white buffalo, the horse, the moose, and the bear. The white buffalo was chosen by this author as the archetype that represents the direction of the North. We will call upon the white buffalo to take us to the Crystal Cave where the Masters sit and we will sit among them and ask them to teach us of the higher knowledge. The North represents wisdom.

----- Begin Personal Notes -----

*“Winter came in with a rage of snow everywhere. I definitely wasn’t traveling anywhere. In between shoveling tons of snow, I got the “Snow, Snow, and more Snow” photo. At least something good came out of all that snow. Christmas and New Year came and went with joy. We had a lot of food and celebration.*

*In the direction of the North, we gain wisdom and have time to reflect upon our lessons. And, quite a journey it has been. The journey to the North can bring upon great healing. And, in my case, that it did.*

*Now, I have come full circle around the medicine wheel. What did I learn? I’m not sure. But, I’m calmer. The goal is not the outcome, but the journey...”*

----- End Personal Notes -----





**Snow, Snow, and more Snow**

(Nikon D3X, 24-120 mm FX at 24 mm, f/3.5, 1/800 sec, ISO 400)

# Journey to the East 2018

Out of darkness, comes light.

Out of despair, comes hope.

Out of destruction, comes life.

And so, out of Winter, comes Spring.

This journey begins in the direction of the East on the Medicine Wheel from where the sun rises and we begin a new dawn. Each day is new with a fresh beginning. New ideas come to light and all things begin to grow and awaken. The sun rises in the East and empowers us. The archetypes of the East are animals with wings such as, the eagle, the hummingbird, the owl, and the hawk. The eagle was chosen by this author as the archetype that represents the direction of the East. We will call upon the eagle to help us create a vision for ourselves. We will look ahead to the future and create our destiny for ourselves and for our planet. The East represents vision.

----- Begin Personal Notes -----

*“Spring was very late this year starting with four nor-easter storms and plenty of snow Fall. Cold weather followed. It didn’t seem like Spring at all. It felt more like a continuation of Winter.*

*What will this new journey bring? A new beginning? There are always new beginnings even at age 70. The mystery is exciting. I’m open to whatever it brings. I feel the journey will be on Long Island where I live. Living on my Saturn line has brought many challenges. I hope this new journey will involve some astrophotography.*

*I got a new camera, a Nikon D850 high resolution (46 mp) DSLR. I have mixed feeling about this camera because it weighs 4.9 pounds with the 28-300 mm lens and grip. I called it “The Beast.” I developed the formula that the apparent weight of a camera is exponentially proportional to the user’s age. I’m driving myself crazy trying to decide on a lighter weight lens and/or a lighter weight camera for general carrying around and hiking. One never knows what photograph is waiting for me.*

*I began this journey with a dandelion taken with the D850 and a 28-300 mm lens at 300 mm. I showed my wife, Irene on my computer, how much I can enlarge it without any apparent loss of*

*resolution. After enlarging it many times, Irene yelled out, “That’s it. That’s a great photo.” And, so “John’s Dandelion” and “Irene’s Dandelion” came to be. The white dot on “Irene’s Dandelion” appears to be a spec of pollen, not a defect in the photo. The original photo was enlarged 200%.*

*Next came the “Red Azalea” and was enlarged 200% to create “Red Azalea II.”*

*Next, I photographed “The Beast” with my iPhone 8, which is somewhat considered by me to be sacrilege.*





**John's Dandelion**

(Nikon D850, 28-300 mm FX at 300 mm, f/9, 1/320 sec, ISO 100)



**Irene's Dandelion**

(Nikon D850, 28-300 mm FX at 300 mm, f/9, 1/320 sec, ISO 100)

(200 percent enlargement)



### **The Beast**

(iPhone 8, 4 mm, f/1.8, 1/15 sec, ISO 40)

*I guess the search for the perfect camera never ended. I decided to get a Nikon D7500 APS-C (crop sensor) camera, which is much smaller and lighter than the D850. This will be a camera used when hiking. I will call it "The Baby Beast." The Baby Beast weighs 2.1 pounds with the 18-55 mm lens and 2.9 pounds with the 18-200 mm lens. "The Beast" with 28-300 mm lens and grip weighs 4.9 pounds.*





**The Baby Beast**  
(iPhone 8, 4 mm, f/1.8, 1/17 sec, ISO 40)

*I took my first photos of an Azalea in the front of the house with the Nikon D7500. I used the 18-55 mm lens and the 18-200 mm lens. At 200 percent crop they were both very sharp.*

*With a new 85 mm macro lens, I went to the front yard and photographed the “New Guinea Impatient,” and the “Unknown flower.” The flower is named “Unknown” because no one can figure out what it is.*



**Red Azalea**

(Nikon D7500, 18-200 mm DX at 26 mm, f/4, 1/250 sec, ISO 100)





**Red Azalea II**

(Nikon D7500, 18-200 mm DX at 26 mm, f/4, 1/250 sec, ISO 100)  
(200 percent enlargement)



**New Guinea Impatient**

(Nikon D7500, 85 mm macro DX, f/8, 1/100 sec, ISO 100)



**Unknown Flower**

(Nikon D7500, 85 mm macro DX, f/8, 1/125 sec, ISO 100)

*Next, I finally found a bird. It was an eagle. The eagle was nesting and I took the photograph from several hundred feet away across the pond. Yeah! An actual eagle, the archetype of the east. Furthermore, it was a baby eagle. To me this is the archetype of the east that represents new beginnings, which was one my intentions for this journey. This photograph won't win any prizes. The nest was in the shade and very far away. It was cloudy and the sun was in the wrong direction. And, with a crop sensor camera, I was limited in how much I can crop the photograph. However, this journey is not about the quality of the photographs. It is about what they represent. What they mean to me. And, how they make me feel.*





**Eagle's Nest**

(Nikon D7500, 18-400 mm DX at 400 mm, f/8, 1/2000 sec, ISO 1000, cropped 50%)

*I thought I was finished deciding on which cameras and lenses to use. I still have the 150-600 mm lens with 1.4x teleconverter, which is an FX (full frame) lens. If I put it on the DX (crop sensor) body, there will likely be vignetting. I purchased a Sigma 12-24 mm full frame lens, which gives me the widest field of view compared to anything else I have.*

*Why buy an FX camera? FX cameras are used for printing large prints or to significantly crop the photograph or for larger focal length telephoto lenses. As of June 2018, the largest DX lens made is 400 mm whereas FX lenses reach 800 mm. Some FX lenses will fit onto a DX body. However, this will often cause vignetting.*

*Now that the equipment issue is settled, I'm off to take more photographs. I took, "A Couple in the Garden" and "Daylily" in the back garden. I waited almost one week for the sun to be in position and for me to be available to take a great photograph of the daylily.*



**A Couple in the Garden**

(Nikon D7500, 85 mm macro DX, f/3.5, 1/200 sec, ISO 100)





**Daylily**

(Nikon D7500, 85 mm macro DX, f/3.5, 1/800 sec, ISO 100)

*Last week I saw a baby rabbit in the backyard, about fifty feet away. I quickly grabbed my iPhone and took the photograph. After cropping, the resolution was really poor. I won't show it here. I was very disappointed because the baby rabbit represented new beginnings to me, the theme of this journey. Just when I thought the camera quest was over, I began searching for a pocket camera that I can have with me at all times to capture wildlife. I consider wildlife photography the most difficult type of photography because the subject is often elusive. I have often spent many hours waiting for wildlife only to return empty handed. Consequently, I began a search for a pocket camera with fairly good resolution. After a couple of weeks of searching, I came up with the Sony RX100 Mark III, which I named "The Infant Beast."*

*Spring and the direction of the East has ended and so does this phase of the 2018 journey. Wow! It was an exciting start to the 2018 journey. I found that one doesn't need to travel to the ends of the earth to find what they need. Everything just fell into place during the Spring. I obtained all new cameras without creating any financial burden. I released the "Journey of the Seasons" book. I also learned that my quest for perfection and the equipment needed to try to obtain that perfection was altered by my limited ability to carry equipment, especially for long periods of time.*

*I'm excited to move onto the next phase of the 2018 journey."*

*----- End Personal Notes -----*



**The Infant Beast**  
(iPhone 8, 4 mm, f/1.8, 1/25 sec, ISO 40)

# Journey to the South 2018

The journey continues in the direction of the South on the Medicine Wheel where we transform into the fruit of our labors. We mature and grow into an adult in the time of mid-day, the hottest part of the day when the sun is overhead and casts no shadows. It is a time to accept the change, learn, and understand. The archetypes of the South are animals that represent pride, strength, and courage such as, the lion, the serpent, and the wolf. The serpent and the lion were chosen by this author as the archetypes that represents the direction of the South. Traditionally, only one animal is chosen to represent a direction. We will call upon the serpent to help us disconnect from our past life karma and to set us free on our path. We will shed our skin as the serpent does. One cannot build without sweeping away the clutter of what existed before. We will also call upon the lion for the strength and courage to strip away the past and plunge forward into the fire. The South represents passion.

----- Begin Personal Notes -----

*“The Spring of 2018 was a playful time. Now, I must shed my skin of doubt, disbelief, and negative thoughts. The Spring journey taught me that all I need is right around me.*

*After much planning and anticipation, my wife and I finally went to the long awaited visit to the Cradle of Aviation Museum. I was particularly looking forward to seeing the replica of the Luna Lander. When we got there, we found that there was a comic book convention going on and the exhibits were covered and put away. We were really disappointed. I took one photo of the “Blue Angels Jet” hanging in the lobby. I guess things are not coming to me as easily as I thought.*



### **Blue Angels Jet**

(Nikon D7500, 18-55 mm DX at 18 mm, f/3.5, 1/160 sec, ISO 100)

*OH NO! Not another camera! The good news is that Irene likes the Sony RX100M3. The bad news is that Irene likes the Sony RX100M3. But to be fair, I need to explain. When I first got the RX100M3, Irene liked it. It was a little heavy for her pocket. So, I got her a Sony WX830, which only weighs 4.3 ounces and it is much smaller in size. She loved it and started playing with it. Then, she asked if she could use it to record videos to use in her training courses? We tried it in her office. The video was good, but the sound at 5 feet away was terrible. It had a lot of hissing. Next we tried the RX100M3. The video and sound came out great without any hissing sound. So, I gave her the camera. Then, I started another search for myself. I came up with the Sony A6300 mirrorless camera. It has an APS-C sensor and interchangeable lenses. The camera with a 16-50 mm lens weighs 18.4 ounces. I will call it "The Infant Beast II."*

*This week I went through my clothing closet and donated clothing I was not using. I also discarded my USMC field jacket that I've been saving for 50 years. Like the serpent in the south, I'm shedding my skin and letting go of the past.*



**The Infant Beast II**  
(iPhone 8, 4 mm, f/1.8, 1/20 sec, ISO 40)



*It was a hot and humid July day. I decided to work on my new book in air conditioning. Suddenly the house started to rumble. I looked out of the window and saw the edge of a flying saucer. I became paralyzed. My arms and legs were stiff. I could feel my mind being controlled. Suddenly, my arms reached out to the keyboard in front of me and my fingers began typing. After a couple of minutes, a screen popped up on my computer that said "Thank you for your purchase of the Sony 55-210 mm lens." The flying saucer disappeared... Okay, I couldn't help injecting a little humor here. As soon as the lens arrived, I popped it onto the Sony A6300 camera and photographed some flowers in the back yard. I photographed the "Hydrangea," which was photographed at 55 mm and the "Hydrangea 210," which was photographed at 210 mm.*



**Hydrangea**

(Sony A6300, 55-210 mm DX at 55 mm, f/8, 1/100 sec, ISO 200)



**Hydrangea 210**

(Sony A6300, 55-210 mm DX at 210 mm, f/8, 1/125 sec, ISO 200)

*For some time I've been wanting a photograph of a baby rabbit that has been seen periodically around my house. I had the Sony A6300 camera with the 55-210 mm telephoto lens sitting and waiting. As I was leaving the house this morning I walked out onto the front steps and noticed the baby rabbit. I quietly went back into the house and picked up my camera. Then, I quietly stepped out onto the front steps. The baby rabbit was still there. I took the photograph. The position was not good. But, I wasn't sure if the baby rabbit would still be there when I got into position with a better angle. Then, I moved to the driveway and a little closer to get the photograph I wanted. The rabbit still didn't move. And so, I photographed the "Silly Baby Wabbit." Those who remember Elmer Fudd will understand the name.*





**Silly Baby Wabbit**

(Sony A6300, 55-210 mm DX at 210 mm, f/8, 1/250 sec, ISO 200)

Sometimes wildlife photography can be very frustrating. Often, a subject may be too far away to photograph with the equipment that may be available at the time. Getting closer to the subject is often not an option because the subject could be in or across a body of water or the subject could be dangerous like an alligator or lion. Getting closer to the subject may also frighten the subject away. One day, I was at an astronomy club picnic when I saw several people with binoculars looking out into the harbor. After inquiry, I found out they were looking at an eagle perched on the top of a ship's mast in the harbor. The eagle could not be seen with the naked eye. I took the photo with my Sony A6300 camera and 55-210 mm lens at 210 mm. But, 210 mm was too short for such a great distance. Consequently, I photographed "Too Far Away Eagle." Enlarging and cropping the photo for the eagle resulted in a poor resolution photograph, which I discarded. Wildlife photography usually requires long focal length lenses, like the 150-600 mm lens with 1.4x teleconverter or at least the 18-400 mm at 400 mm. It comes down to how heavy a lens does one want to carry. In this case, I didn't plan for, nor expect to do any wildlife photography. The "Eagle in the Harbor" shows what can be seen with the naked eye.

Studies measured the cone of visual attention and found it to be about 55 degrees wide. On a 35mm full frame camera, a 43mm lens provides an angle of view of 55 degrees, so that focal length provides exactly the same angle of view that humans have.



**Too Far Away Eagle**

(Sony A6300, 55-210 mm DX at 210 mm, f/8, 1/640 sec, ISO 200)





**Eagle in the Harbor**

(Sony A6300, 10-18 mm DX at 16 mm, f/8, 1/1000 sec, ISO 200)

*I was so impressed with the Sony A6300 crop sensor mirrorless camera, I purchased a Sony A7III full frame mirrorless camera and lenses. Hence, “The Beast II” with the Sony FE 28-70 mm lens.*

*I sold the Nikon D7500 DX camera and lenses on eBay. I prefer to use the full frame sensor cameras. I believe it is not just a matter of sensor size. The full frame sensor cameras are more expensive and intended for the professional market. The build quality and other features appear to be better and more advanced in full frame cameras. I use the compact and lightweight Sony A6300 crop sensor camera to carry around everyday just in case something that wants to be photographed appears.*



### **The Beast II**

(iPhone 8, 4 mm, f/1.8, 1/20 sec, ISO 40)

*It's Summer and I was looking for some Summer photos. Hence, I photographed "Cone Flowers," "Busy Bee," and "Busy Bee II" In my back yard. I was joking with Irene and said I should write another book called "Photography Without Leaving Home."*



**Cone Flowers**

(Sony A6300, 55-210 mm DX at 65 mm, f/16, 1/100 sec, ISO 200)





**Busy Bee**

(Sony A6300, 55-210 mm DX at 59 mm, f/5.6, 1/200 sec, ISO 100)





**Busy Bee II**

(Sony A6300, 55-210 mm DX at 59 mm, f/5.6, 1/200 sec, ISO 100)

(Busy Bee Cropped)

*This morning I was out in the garden with my camera. With some really quick thinking and action, I photographed "The Fly in The Flower." It was windy and the flowers were moving, so I increased the ISO to 800 for a faster shutter speed. I planned to shoot this photograph at f/6.3 for better bokeh, but my finger must have touched and moved the aperture dial to f/8.*

*Let's take a technical moment to examine the difference between using a macro lens or telephoto lens. A macro lens is often used for really small objects, such as tiny insects whereby a close focus distance is required. However, too close can block the light from the subject. Using a telephoto lens for small objects, such as flowers, enables one to distance themselves from the subject. However, the increased magnification of a telephoto lens decreases the steadiness of the camera. A tripod can be used to steady the camera. Increasing ISO can also be used to increase the shutter speed of the camera. "The Fly in The Flower" photograph was taken at a distance of approximately 4 feet using the 55-210 mm DX telephoto lens. I know the fly is on the flower, not in the flower. However, this is a play on words from the fly in the ointment.*



**The Fly in The Flower**

(Sony A6300, 55-210 mm DX at 210 mm, f/8, 1/2500 sec, ISO 800)

*Last night I wanted to image the full moon. It was covered by clouds. The weather forecast for the next 5 days was rain. So, today I decided to image those clouds that keep interfering with my astrophotography and photographed “Just Some Clouds.” They look like a mountain in the sky.*



### **Just Some Clouds**

(Sony A6300, 16-50 mm DX at 27 mm, f/8, 1/1000 sec, ISO 200)

*I've been thinking about what kind of photography I like best and why? Most of my photographs are of natural landscape and some of wildlife. I believe natural landscape represents earth's beauty. The more colorful the landscape, the more beautiful it appears. Wildlife represents a subset of the natural landscape. Capturing these selected moments in time is the art.*

*For my next photograph, I selected something I created in photoshop that was made before this journey. However, I feel it is appropriate now, because I'm calling upon the lion in the south. A tiger is in the same family as the lion. The work is called "The Power Within." The flower represents the power of beauty. The child represents the power of love. The tiger represents the power of tenacity. All within a circle of energy.*





### **The Power Within**

(The flower represents the power of beauty. The child represents the power of love. The tiger represents the power of tenacity. All within a circle of energy.)

*Today, I was experimenting using a telephoto lens in place of a macro lens because I don't have a macro lens for the Sony cameras yet and photographed "A Lovely Coneflower." This is the kind of beauty I love capturing.*



**A Lovely Coneflower**

(Sony A6300, 55-210 mm DX at 210 mm, f/6.3, 1/800 sec, ISO 400)

*Today, we are in an extreme heat weather condition. Also, it is the peak of the ragweed season. I decided to stay indoors and do some macro work. I used a Sony FE 90 mm macro lens to photograph "The Crystal Dragon." I only had a white LED light to illuminate it. So, I added color to it in photoshop.*



**The Crystal Dragon**

(Sony A7III, 90 mm Macro, f/20, 1/4 sec, ISO 800)

*I feel that I have learned and experienced as much as I can at this time in this direction and it is time to move on to the West even though it is still Summer (August 12, 2018).*

*The work in the direction of the South has ended and so does this phase of the 2018 journey. I got some great photographs and found beauty everywhere. I learned that one only needs to look to look around to find beauty everywhere. I photographed an eagle in the harbor that couldn't be seen with the naked eye with an everyday camera. I learned to expect the unexpected. I discarded my USMC field jacket that I kept for 50 years along with other things I was holding onto. Like the serpent, I shed my skin and moved forward. I photographed the baby rabbit, which represented new beginnings to me. I ask myself if my quest for perfection and the equipment needed to try to achieve it will end now? It is highly unlikely, especially since Nikon is making a really big announcement with their mirrorless camera in two weeks. West, here I come."*

*----- End Personal Notes -----*



# Journey to the West 2018

The journey continues in the direction of the West on the Medicine Wheel where we are in an age of maturity, the time of the setting sun. Daylight fades and brings a new awareness. When darkness comes, we must look inward to find light and courage in the emotional part of ourselves. It is the place of emotions, family, and love. The West is where we learn that we are responsible for all things and each other. It is a time to prepare and finish for the coming time of Winter. It is a time of hard work and team effort. The archetypes of the West are animals that represent spiritual awakening, team work, and preparedness such as the beaver and the jaguar. The Jaguar and the Beaver were chosen by this author as the archetypes that represents the direction of the West. The jaguar has its hind legs in the physical and his forelegs in the spiritual realm. We will call upon the jaguar to help us prepare to die and leap into spirit, awakening to the understanding that there is no death since we are already one with spirit. We will call upon the beaver to help us understand that we are one and should work together for the greater good. This direction is a place of initiation for the spiritual warrior. The West represents emotions.

----- Begin Personal Notes -----

*"It is interesting that I chose to change directions at this time (August 12, 2018) and not wait for the Fall. It is ragweed season and the worst time of year for me because I really suffer with pollen allergies. They completely drain me of physical energy and strain my emotions as well because I cannot physically do what I want to do. In addition to pollen allergies, I'm constantly developing new food allergies. There is hardly anything left for me to eat. Eating is not fun any longer. I'm surviving, not living. I'm definitely facing my darkest hour at this time.*

*At this time, I feel more connected to the beaver and of preparation than to any fears. I remember Hurricane Sandy that struck us in New York on October 29, 2012. We didn't have power or landline phones for 2 weeks. I had a generator, food, propane stove, and water stored. Our refrigerator was old and failed. I used a large camping ice container to store perishable food. I used the propane stove to cook on. I photographed the transformer that was hanging in my driveway after the nearby power pole broke during the hurricane. I call this photography simply "Hurricane Sandy." Gasoline was a problem to obtain during Hurricane Sandy. There were only a few gas stations operating with long long lines. Gasoline was not being released from the docks in Manhattan. Gasoline cannot be stored for long periods of time, especially in the Winter. Consequently, I'm thinking of purchasing a portable generator that will run on propane. Propane can be stored for long periods of time. Although a tank of propane*

*will only last 15 hours. I would need to store about 20 tanks of propane. I'm also building a storage of instant oatmeal, powdered eggs, and powdered milk, which can be used to survive on. I recently purchased a 300 watt, 200 volt amp AC/DC lithium battery power supply that can be used to charge cell phones and power small equipment. I used it yesterday to power the phones when we had a severe thunderstorm and power outage for 3 hours. I live in an area with very tall trees and old power lines. We frequently have power outages.*

*It could be said that facing a hurricane season is facing fears. But, not in my case. I used to walk in hurricanes because I find it exhilarating. I also used to race cars and motorcycles. I drove myself home for 2 hours after a motorcycle accident with fractured ribs, collar bone, scapula, and with multiple lacerations. Yes, I'm an adrenaline junkie. What most people find fearful, I find exhilarating.*



### **Hurricane Sandy**

(iPhone 4S, 4.3 mm,  $f/2.4$ ,  $1/530$  sec, ISO 50)

*Today, darkness and a storm was rolling in. Since I was in the West, a time to face darkness, it seemed appropriate to photograph the dark clouds rolling in. I call it "Dark Storm Clouds."*



### **Dark Storm Clouds**

(Sony A6300, 16-50 mm DX at 16 mm, f/8, 1/100 sec, ISO 100)

*After much research I decided against the propane generator because propane may not be available after a disaster and I don't have the room to store 20 propane tanks. I ordered a Goal Zero 1,400 watt, 3,000 watt surge, lithium battery supply with a 200 watt solar panel system. The solar panel regeneration of the battery will be completely independent and off grid.*

*Irene, my children, and grandchildren gave me a new lens, Sony FE 70-300 mm for my Sony A7III full frame mirrorless camera for my birthday. After several attempts ducking in and out between the clouds, I photographed "Hydrangea II" with the 70-300 mm lens.*





**Hydrangea II**

(Sony A7III, 70-300 mm FX at 159 mm, f/5.6, 1/400 sec, ISO 200)

*Next, I wanted to photograph the sun. I used a special threaded type solar filter from Thousand Oaks Optical. If you try this, make sure you use only a special solar filter otherwise you can damage the sensor in your camera. Also, only look at the sun from the LCD screen on your camera and not directly into the sun otherwise you can damage your eyes. Solar imaging can be very dangerous to your camera and to your eyes. I live in a valley whereby there is almost always a fog overhead. In addition to humidity, there is smoke in the atmosphere in the northeast from the wild fires in California and Colorado. The photograph, which I call “The Foggy Sun” showed the fog and smoke in front of the sun. I’m showing it here to demonstrate some of the pitFalls of astrophotography. A longer focal length lens, such as the 150-600 mm at 600 mm would have yielded a larger image of the sun. I didn’t use that lens because I didn’t have a 95 mm solar filter that would fit it. I will order one.*



### **The Foggy Sun**

(Sony A7III, 70-300 mm FX at 300 mm, f/5.6, 1/4 sec, ISO 200)

(Thousand Oaks Optical 72 mm White Solar Filter)

*I upgraded from the Sony A7III (24 mp) to the Sony A7RIII (42 mp). I will call it "The Beast IIa."*

*Today is Saturday. I received the Sony A7RIII last Monday. This is the first day of sunshine. The flowers are fading away now. I captured one more photograph I call "Fading Hydrangea."*



**Fading Hydrangea**

(Sony A7RIII, 90 mm Macro FX, f/2.8, 1/400 sec, ISO 200)

*I've come to the end of another direction on the Medicine Wheel. It's been an exhausting journey of researching and buying new cameras and lenses. I don't believe one can have too many cameras and lenses. It's all fun.*

*On a more serious note, I have let go of the past in many aspects. Discarding my USMC field jacket and all of the negative emotions associated with it was really letting go of my time in the Marines.*

*I've also prepared our home for potential disaster with food, power, and go bags, which occurred just before the historic hurricane Florence hit the Carolinas. My intuition was right on target.*

*I'm now ready to move onto the next and final part of this journey and book."*

*----- End Personal Notes -----*



# Journey to the North 2018

The journey will end in the direction of the North on the Medicine Wheel where we get older and our hair turns white. With the experience of age we gain wisdom and have time to reflect upon our lessons. The direction of the North represents purity and wisdom, a great place of healing. The time is after midnight, a dream time. This is a time to go deep within ourselves, like a bear in a cave. The archetypes of the North are animals that have a layer of fat to sustain them through the Winter such as the white buffalo, the horse, the moose, and the bear. The white buffalo was chosen by this author as the archetype that represents the direction of the North. We will call upon the white buffalo to take us to the Crystal Cave where the Masters sit and we will sit among them and ask them to teach us of the higher knowledge. The North represents wisdom.

----- Begin Personal Notes -----

*“Now, at age 70, I’m older and my hair is turning white. How much wisdom I have gained with age is questionable. I believe I have awakened enough to have created this journey and methodology. It’s like I hear the masters saying: “Although you have not reached enlightenment yourself, you have created a methodology to that end. Go out and teach it.”*

*Therefore, I will end this book at this point and teach this methodology.*

*I will add one final photograph. The purpose of this book was a personal journey and to teach this methodology. I will make the final photography dedicated to you and your journey. I call it “Your Photo.” Place your own photo in the frame when you complete the direction of the North.”*

----- End Personal Notes -----



**Your Photo**

# Your Personal Journey Guidance - Part 1

## - Beginning with a Camera

### Introduction

This journey is more about self discovery than about equipment. However, some people enjoy photography and equipment. Therefore, a little time will be spent on equipment. For more complete information, read the book “Introduction to Astronomy and Photography” by Dr. John A.Allocca.

There is a great deal of confusion when it comes to comparing crop sensor cameras and lenses to full frame cameras and lenses. Often the specification of a crop sensor lens may be stated as 10 mm with a comparable 35 mm focal length of 15 mm. This may give the user the impression that they will have a 15 mm focal length. This is incorrect. The focal length doesn't change. Only the field of view changes. Therefore, it should be stated that the field of view is the same as a 15 mm focal length lens.

A full frame camera projects an image onto a sensor or film that is 36 mm x 24 mm in size. An APS-C camera projects an image that is 22.5 x 15 mm in size. An APS-C sensor costs less than a full frame sensor and the APS-C cameras are smaller and lighter in weight than a full frame sensor camera.

What is of primary concern is the field of view that is produced by these two sensors and cameras. As seen in the diagram below, the field of view that is seen by the full frame sensor is wider than the field of view seen by the APS-C or “crop” sensor camera. The focal length remains the same, which is often confused. The only aspect that changes is the field of view, not the focal length.

Lens and the images projected onto a sensor are round in shape, whereas the sensors are rectangular in shape. The diameter of the circle needs to be larger than the diagonal of the rectangular sensor. A full frame 35 mm lens must have an image circle larger than 43.27 mm. An APS-C camera lens needs to have an image circle larger than 27.04 mm. If an APS-C lens is used on a full frame camera, the image circle would not be large enough to cover the corners of the sensor. If a full frame camera lens is used on an APS-C camera, it will cover the corners of the APS-C sensor.

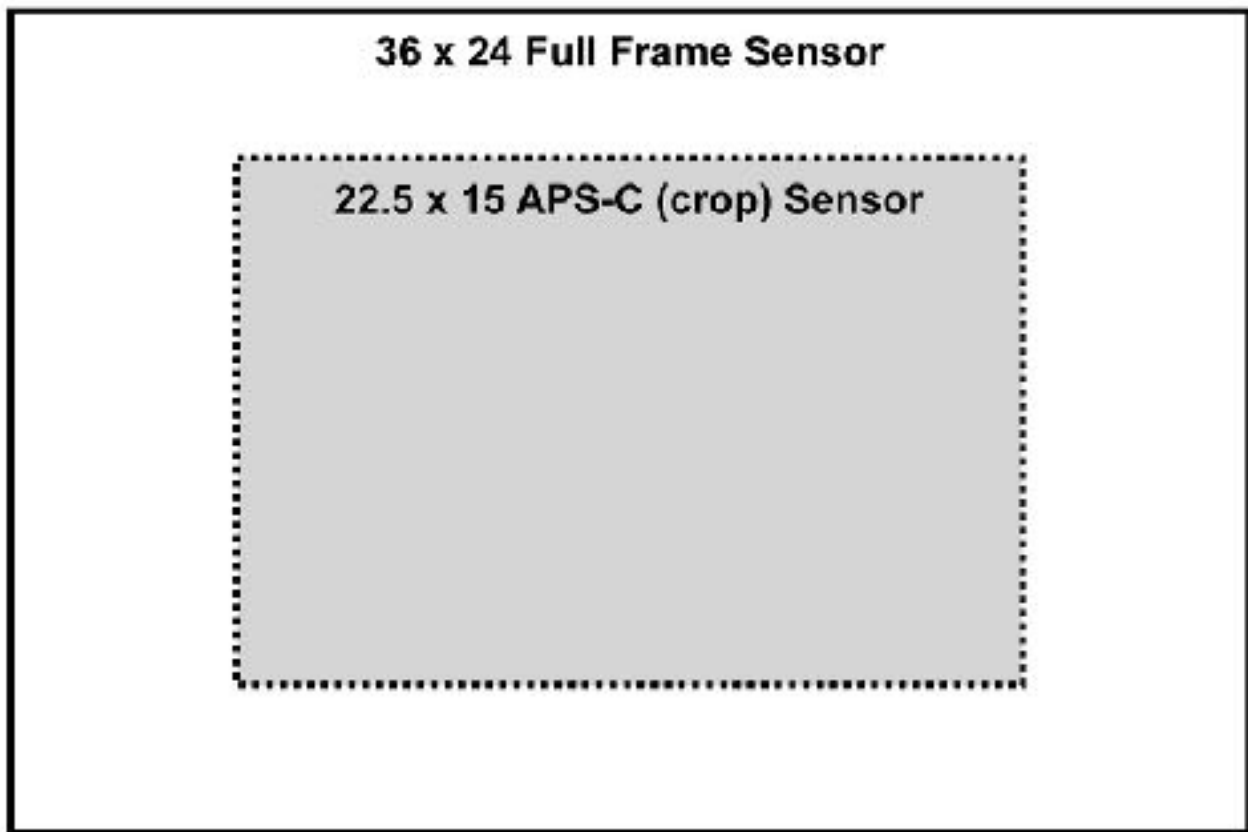
To obtain the field of view obtained with the FX (full frame) camera and 70 mm lens using a DX (APS-C) camera, change the lens (or zoom) from 70 mm to 46.7 mm. In other words, a photo taken with a DX camera and 46.6 mm lens would look the same as the photo taken with an 70 mm FX camera lens. The resolution of an FX camera will be greater than that of a DX camera because the full frame sensor is larger. This is important when printing larger prints. It probably won't make much difference when displaying photos on the web or printing smaller sizes such as 8" x 10".

As far as resolution is concerned, both sensors are currently high in resolution. One can easily print an 18 x 24 inch photo with sharp and clear resolution using an APS-C crop sensor camera. Full frame cameras are required for larger prints. Another factor is the quality of the lenses used. High quality lenses will result in high resolution photos and vice versa.

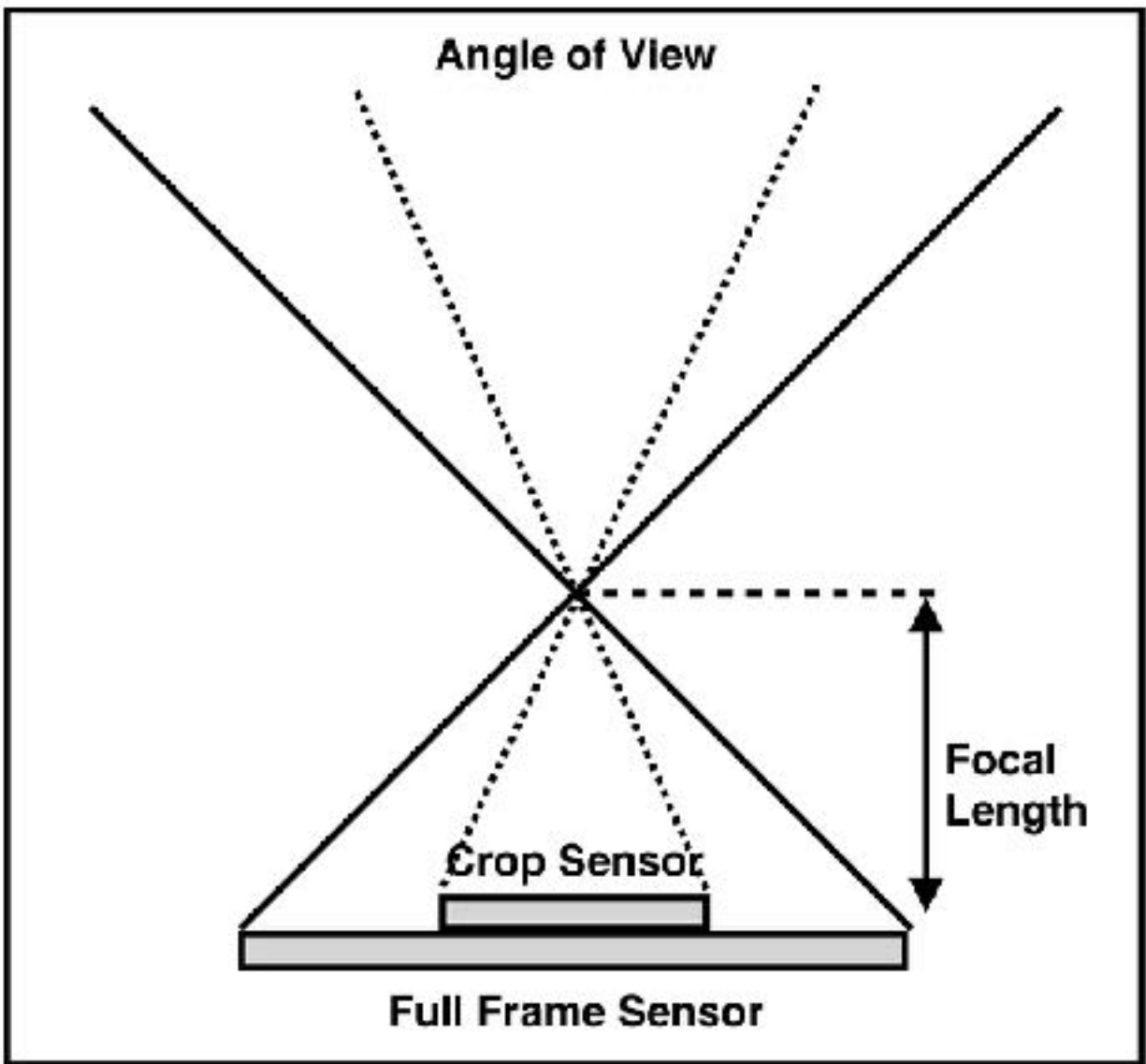
Weight is sometimes another important factor. The Nikon D850 full frame camera with 28-300 mm lens and grip weighs 4.9 pounds. The D7500 crop sensor camera with 18-200 mm lens weighs 2.6 pounds. Which do you want to carry?

Which DSLR is recommended? A low cost starting point would be the Nikon D3400 with the 18-55 mm lens usually supplied with the camera, which is currently selling for \$400 or Canon equivalent. The D7500 would be a more advanced camera with a tilt screen and other advanced functions. Both cameras are APS-C crop sensor cameras. A smaller size APS-C camera would be the Sony A6300 mirrorless camera with the 16 - 50 mm lens, which is currently selling for \$900.

Why buy an FX (full frame) camera? For printing large prints or for larger focal length telephoto lenses. As of June 2018, the longest focal length DX lens made is 400 mm whereas FX lenses reach 800 mm. Some FX lenses will fit onto a DX body. However, this will often cause vignetting.

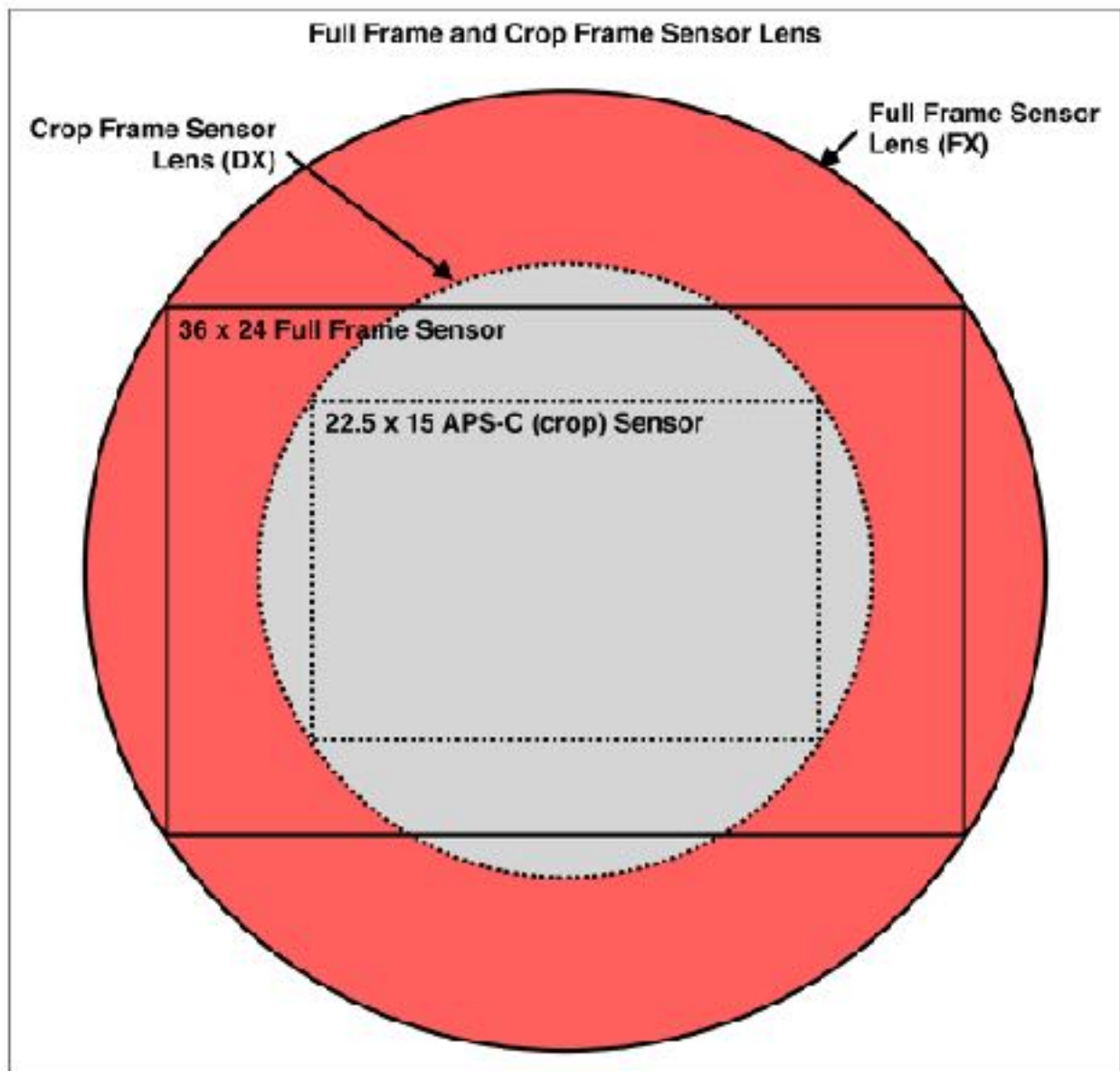


**APS-C (Crop Sensor) vs Full Frame Sensor Size**



**APS-C (Crop Sensor) vs Full Frame Sensor View**





**APS-C (Crop Sensor) vs Full Frame Sensor Lenses**



**APS-C (Crop Sensor)  
Camera with 70 mm FX Lens  
(actual size)**



**Full Frame Sensor  
Camera with 70 mm  
FX Lens (actual  
size)**

**APS-C (Crop Sensor) vs Full Frame Sensor Photos Example**

# Your Personal Journey Guidance - Part 2

## - Beginning Assignments

### Introduction

The journey can begin in any direction. Incan Shamans begin in the South and end in the East with a vision. This author chose to begin in the East and end in the North. **Choose the starting direction that is right for you. Choose the season, if any, that is right for you.** This suggested journey begins in the Spring in the East.

The Brainicity™ Brain Biofield Therapy (audio CD) may be useful to use before asking questions and/or before a photographic journey. The best time to use it is before bedtime. Be sure to use only stereo headphones or earphones to get the full bilateral effect.

### Suggested General Assignments

The following suggested assignments are only suggestions. Follow what you feel called to photograph.

What your life has been and what you want it to be (2 photographs).

What recent times have been like for you and what you want the future to be (2 photographs).

What makes you feel bad and what makes you feel good (2 photographs).

What makes you feel sad and what makes you feel happy (2 photographs).

# **Your Personal Journey Guidance - Part 3 - East**

## **Introduction**

Out of darkness, comes light.

Out of despair, comes hope.

Out of destruction, comes life.

And so, out of Winter, comes Spring.

The journey can begin in any direction. The Incan Shamans begin in the South and end in the East with a vision. Choose the direction that is right for you.

Our journey begins in the Spring in the direction of the East on the Medicine Wheel from where the sun rises and we begin a new dawn. Each day is new with a fresh beginning. New ideas come to light and all things begin to grow and awaken. The sun rises in the East and empowers us.

The archetypes of the East are animals with wings such as, the eagle, the hummingbird, the owl, and the hawk. This author chose the eagle as the archetype that represents the direction of the East. We will call upon the eagle to help us create a vision for ourselves.

We will look ahead to the future and create our destiny for ourselves and for our planet.

The East represents vision.

## **Suggested East Assignments**

The following suggested assignments are only suggestions. Follow what you feel called to photograph.

Using photography (any or all assignments below):

Represent a place you have traveled to the east of you.

Represent a place you would like to travel to the east of you.

Represent what Spring means to you.

Represent what you would like Spring to mean to you.

Represent how you have grown emotionally in your life.

Represent how you would like to grow emotionally in your life.

Represent how you have awakened emotionally in your life.

Represent how you would like to awaken emotionally in your life.

Represent what flying means to you in your life.

Represent what you would like flying to mean to you in your life.

Represent a vision of the past.

Represent a vision of the future.

Represent an eagle and what it means to you in your life.

## **East Reflection**

Look at the journey that you have taken this Spring and notice how you have transformed during this cycle. The shaman believes that throughout our lifetime we continuously cycle the wheel, each time from another level of consciousness within ourselves.

What were your questions if any?

What did the photographs represent?

How were you guided?

What did you learn?

What Ego Control Battles, if any, did you engage in or witness?

# **Your Personal Journey Guidance - Part 4 - South**

## **Introduction**

Our journey continues in the Summer in the direction of the South on the Medicine Wheel where we transform into the fruit of our labors.

We mature and grow into an adult in the time of mid-day, the hottest part of the day when the sun is overhead and casts no shadows. It is a time to accept the change, and learn and understand.

The archetypes of the South are animals that represent pride, strength, and courage such as, the lion, the serpent, and the wolf. This author chose the serpent and the lion as the archetypes that represents the direction of the South. The serpent is traditionally used in North and South America. Traditionally, only one animal is chosen to represent a direction.

We will call upon the serpent to help us disconnect from our past life karma and to set us free on our path. We will shed our skin as the serpent does. One cannot build without sweeping away the clutter of what existed before.

We will also call upon the lion for the strength and courage to strip away the past and plunge forward into the fire.

The South represents passion.

## **Suggested South Assignments**

The following suggested assignments are only suggestions. Follow what you feel called to photograph.

Using photography (any or all assignments below):

Represent a place you have traveled to the south of you.



Represent a place you would like to travel to the south of you.

Represent what Summer means to you.

Represent what you would like Summer to mean to you.

Represent a major change in your life.

Represent a major change you would like in your life.

Represent what you have learned in your life.

Represent what you would like to learn in your life.

Represent what is pure in your life.

Represent what you would to be pure in your life.

Represent the past.

Represent releasing the past.

Represent a lion and what it means in your life.

Represent a serpent and what it means in your life.

## **South Reflection**

Look at the journey that you have taken this Summer, and notice how you have transformed during this cycle. The shaman believes that throughout our lifetime we continuously cycle the wheel, each time from another level of consciousness within ourselves.

What were your questions if any?

What did the photographs represent?

How were you guided?

What did you learn?

What Ego Control Battles, if any, did you engage in or witness?

# **Your Personal Journey Guidance - Part 5 - West**

## **Introduction**

Our journey continues in the the Fall in direction of the West on the Medicine Wheel where we are in an age of maturity, the time of the setting sun. Daylight fades and brings a new awareness. When darkness comes, we must look inward to find light and courage in the emotional part of ourselves. It is the place of emotions, family, and love. The West is where we learn that we are responsible for all things and each other. It is a time to prepare and finish for the coming time of Winter. It is a time of hard work and team effort.

The archetypes of the West are animals that represent spiritual awakening, team work, and preparedness such as the beaver and the jaguar. This author chose the Jaguar and the Beaver as the archetypes that represents the direction of the West. The beaver is traditionally used in North America. The jaguar is traditionally used in South America. The jaguar has its hind legs in the physical world and his forelegs in the spiritual realm.

We will call upon the beaver to help us design and create our next step.

We will call upon the jaguar to help us prepare to die and leap into spirit, awakening to the understanding that there is no death since we are already one with spirit.

We will call upon the beaver to help us understand that we are one and should work together for the greater good. This direction is a place of initiation for the spiritual warrior.

The West represents emotions.

## **Suggested West Assignments**

The following suggested assignments are only suggestions. Follow what you feel called to photograph.

Using photography (any or all assignments below):

Represent a place you have traveled to the west of you.

Represent a place you would like to travel to the west of you.

Represent what Fall means to you.

Represent what you would like Fall to mean to you.

Represent light in your life.

Represent the light you would like in your life.

Represent courage in your life.

Represent the courage you would like in your life.

Represent what water means in your life.

Represent what you would like water to mean in your life.

Represent your emotions of joy and happiness in your life.

Represent your emotions of anger and frustration in your life.

Represent what you would like your emotions to be like in your life.

Represent a jaguar and what it means in your life.

Represent a beaver and what it means in your life.

## **West Reflection**

Look at the journey that you have taken this Fall, and notice how you have transformed during this cycle. The shaman believes that throughout our lifetime we continuously cycle the wheel, each time from another level of consciousness within ourselves.

What were your questions if any?

What did the photographs represent?

How were you guided?

What did you learn?

What Ego Control Battles, if any, did you engage in or witness?

# **Your Personal Journey Guidance - Part 6 - North**

## **Introduction**

Our journey will end in the Winter in the direction of the North on the Medicine Wheel where we get older and our hair turns white. With the experience of age we gain wisdom and have time to reflect upon our lessons. The direction of the North represents purity and wisdom, a great place of healing. The time is after midnight, a dream time. This is a time to go deep within ourselves, like a bear in a cave.

The archetypes of the North are animals that have a layer of fat to sustain them through the Winter such as the white buffalo, the horse, the moose, and the bear. This author chose the white buffalo as the archetype that represents the direction of the North. The white buffalo is traditionally used in North America. The horse is traditionally used in South America.

We will call upon the white buffalo to take us to the Crystal Cave where the Masters sit and we will sit among them and ask them to teach us of the higher knowledge.

The North represents wisdom.

## **Suggested North Assignments**

The following suggested assignments are only suggestions. Follow what you feel called to photograph.

Using photography (any or all assignments below):

Represent what Winter means to you.

Represent what you would like Winter to mean to you.

Represent a place you have traveled to the north of you.

Represent a place you would like to travel to the north of you.

Represent the knowledge you have obtained in your life.

Represent the knowledge you would like to obtain in your life.

Represent what the earth means in your life.

Represent what you would like the earth to mean in your life.

Represent the wisdom that you have obtained in your life.

Represent the wisdom that you would like to obtain in your life.

Represent a buffalo and what it means in your life.

Represent a crystal cave and what it means in your life.

Represent the masters of higher knowledge and what it means in your life.

## **North Reflection**

Look at the journey that you have taken this Winter, and notice how you have transformed during this cycle. The shaman believes that throughout our lifetime we continuously cycle the wheel, each time from another level of consciousness within ourselves.

What were your questions if any?

What did the photographs represent?

How were you guided?

What did you learn?

What Ego Control Battles, if any, did you engage in or witness?



# **Your Personal Journey Guidance - Part 7**

## **- Journey Reflection**

Look at the journey that you have taken around the medicine wheel, and notice how you have transformed. The shaman believes that throughout our lifetime we continuously cycle the wheel, each time from another level of consciousness within ourselves.

What were your questions if any?

What did the photographs represent?

How were you guided?

What did you learn?

Are you ready to begin again?

# Addendum 2019

----- Begin Personal Notes -----

*"I didn't plan any particular journey during 2019. I went hiking and meditating at a local nature preserve. I carried my camera and lenses with the intention that whatever came to me, I would photograph. There was a pond in the nature preserve with beautiful swans. I took many photographs of the swans. One September 17, 2019 I received a new Sony A7RIV 62 mp camera. I put a 70-300 mm lens on it and headed to the nature preserve without any expectations. Well, the swans seem to know I wanted something spectacular and started to dance for me. And so, I caught some unique poses of them with the new camera.*

----- End Personal Notes -----



**Get Ready**

(Sony A7RIV, 300 mm, f/13.0, 1/250 sec, ISO 800)



**Action**

(Sony A7RIV, 300 mm, f/18.0, 1/250 sec, ISO 800)



**Fly With Me**

(Sony A7RIV, 300 mm, f/14.0, 1/250 sec, ISO 800)





**Ooh This Feels Good**

(Sony A7RIV, 300 mm, f/13.0, 1/250 sec, ISO 800)

# Addendum 2020

----- Begin Personal Notes -----

*"I didn't plan any particular journey during 2020. I started the spring by hiking and meditating at a local nature preserve. After finding two engorged deer ticks on my back, I stopped visiting that nature preserve. I set a goal to go to a local beach to meditate and photograph seagulls. The seagulls were quite cooperative and allowed me to get close and photograph them."*

----- End Personal Notes -----





**Which Way Is The Beach?**

(Sony A6500, 156 mm, f/5.6, 1/2000 sec, ISO 320)



**Finally A Full Moon**

(Sony A7RIV, 1200 mm, f/13.0, 1/250 sec, ISO 800)



**Soaring**

(Sony A6600, 350 mm, f/8.0, 1/4000 sec, ISO 800)



**An Angel**

(Sony A6600, 195 mm, f/8.0, 1/4000 sec, ISO 1000)



**Meditating**

(Sony A6600, 170 mm, f/8.0, 1/4000 sec, ISO 800)



**Soaring 2**

(Sony A6600, 70 mm, f/8.0, 1/4000 sec, ISO 800)



**Happy Halloween**

(Sony A7C, 300 mm, f/8.0, 1/4000 sec, ISO 2000)



# Addendum 2021

----- Begin Personal Notes -----

*"I didn't plan any particular journey during 2021. It was a hectic year with a new puppy. I love to hike in the Makamah Nature Preserve in Northport, NY. It is a little challenging because it doesn't have groomed trails. It is a nature preserve, not a park. On weekends we go to Blydenburgh park with the dogs. Following are some photos from Blydenburgh Park"*

----- End Personal Notes -----



**What's Happening**  
(Sony A7C, 44 mm, f/8.0, 1/500 sec, ISO 1000)



### **The Lake**

(Sony A6600, 18 mm, f/8.0, 1/500 sec, ISO 160)



**A Peaceful Place**

(Sony A9, 24mm, f/8 mm, f/8.0, 1/2000 sec, ISO 5000)





**Rock at the Top**

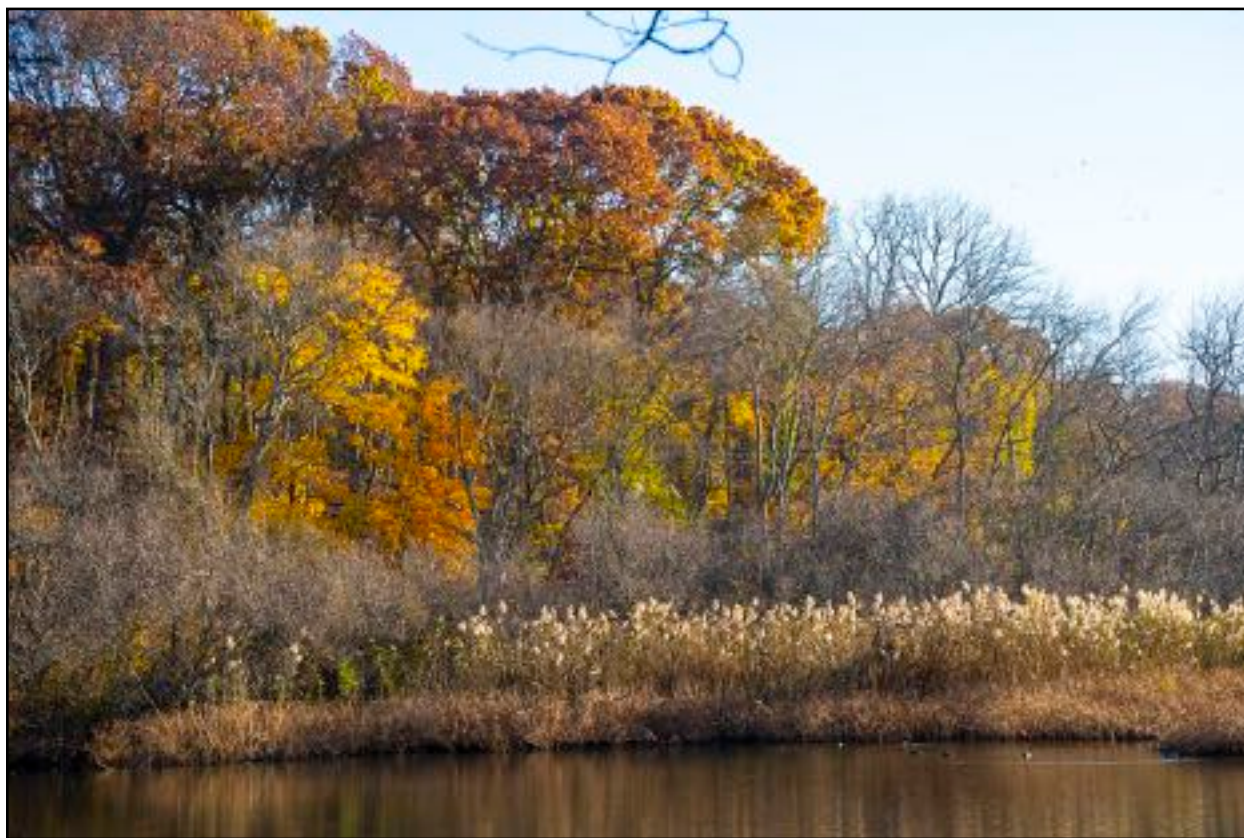
(Sony A7C, 24 mm, f/8.0, 1/500 sec, ISO 1000)



### **Climbing Down**

(Sony A7C, 44 mm, f/8.0, 1/500 sec, ISO 1000)





### **Fall Begins**

(Sony A9, 70 mm, f/8.0, 1/2000 sec, ISO 2500)





**Portal to Another Dimension**  
(Sony A9, 70 mm, f/8.0, 1/2000 sec, ISO 5000)



### **Climbing High**

(Sony A9, 28 mm, f/8.0, 1/500 sec, ISO 2000)

# Addendum 2022

----- Begin Personal Notes -----

*"I didn't plan any particular journey during 2022. It was a hectic year with a new puppy. I discovered a new park to visit nearby. It has more wildlife than previous places I used to hike in. It is the Sunken Meadow State Park in Kings Park, NY. It has woods, hiking trails, a stream, and a beach.*

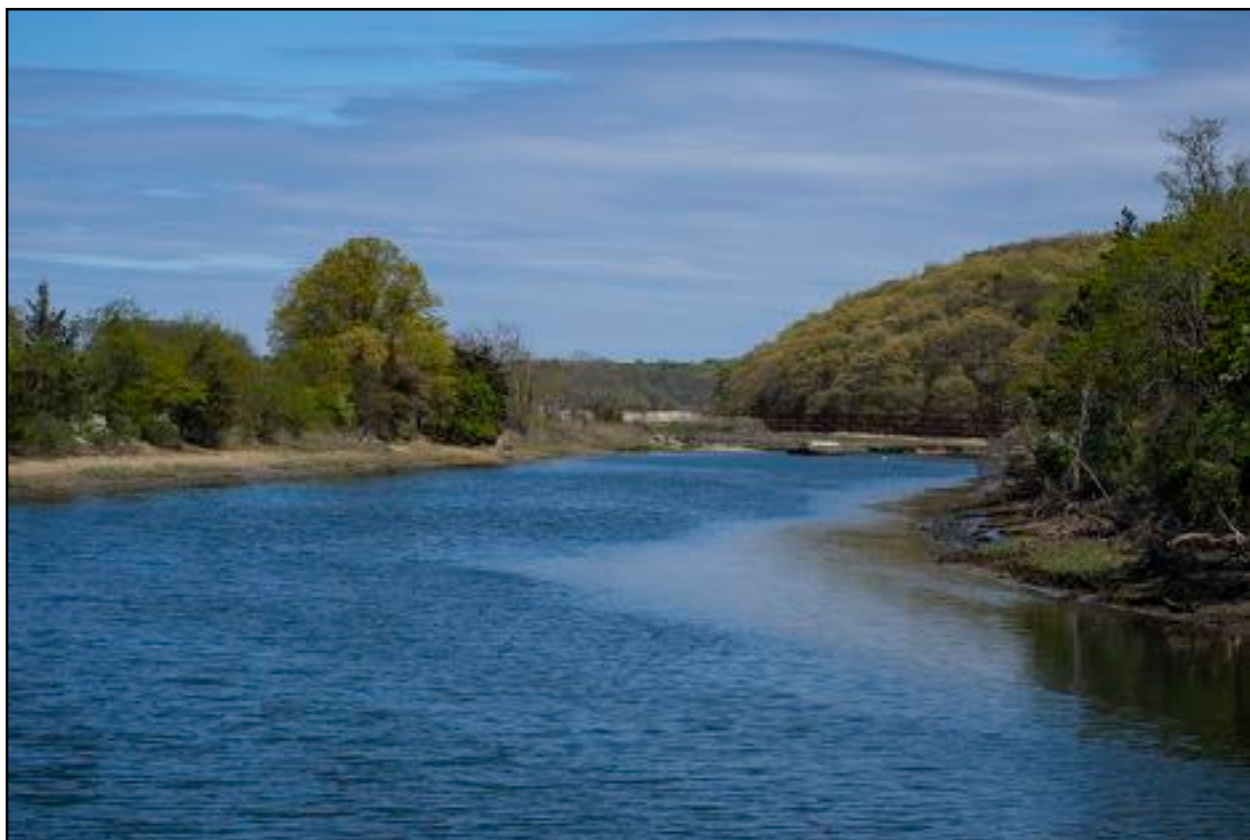
----- End Personal Notes -----





**A Journey Awaits Straight Ahead**

(Sony A1, 100 mm, f/8.0, 1/500 sec, ISO 500)



**A Peaceful Day**

(Sony A1, 100 mm, f/8.0, 1/500 sec, ISO 125)



### **Rushing Water**

(Sony A1, 70 mm, f/8.0, 1/2500 sec, ISO 1000)





**I'm Just Vegging**

(Sony A1, 300 mm, f/8.0, 1/2500 sec, ISO 1000)





**Which Way is North?**

(Sony A1, 300 mm, f/8.0, 1/2500 sec, ISO 1250)



**You Got Your Photo, Now What?**  
(Sony A1, 400 mm, f/8.0, 1/500 sec, ISO 400)



**Okay, You Can Come Closer**  
(Sony A1, 400 mm, f/8.0, 1/2500 sec, ISO 640)

# Addendum 2023

----- Begin Personal Notes -----

*Some of the cameras used in my journeys are Sony and some Nikon. I love them both. I've been using the Sony mirrorless cameras since they came out. Nikon has finally caught up with their mirrorless line of cameras. I love the Sony cameras and lenses, but after using Nikon since the 1970's I miss Nikon. Now I have both Sony and Nikon. I couldn't ask for more.*

*Today, June 20, 2023 I received a Nikon Z8, which I'm using with a 24-200 mm lens. I'm excited to be back in the Nikon community.*

----- End Personal Notes -----





**Nikon Z8**  
(iPhone 14)



**Nikon Z8 First Light (Back Yard)**  
(Nikon Z8, 92 mm, f/8.0, 1/500 sec, ISO 250)