

## Let Go of Self

In *The Trivialization of God*, Donald McCullough quotes Freeman Patterson, noted Canadian photographer, describing barriers that prevented him from seeing the best photo possibilities:

*Letting go of the self is an essential precondition to real seeing. When you let go of yourself, you abandon any preconceptions about the subject matter which might cramp you into photographing in a certain, predetermined way.*

*When you let go, new conceptions arise from your direct experience of the subject matter, and new ideas and feelings will guide you as you make pictures.*

In the spiritual life, just as in photography, being preoccupied with self is the greatest barrier to seeing. But when we get past it, we catch glimpses of extraordinary beauty.

That's what our associates in Life Care, Century Park and Life Care at Home discover every day as they serve those entrusted to them.

--Beecher Hunter