

Buddhist Photography Exhibition Announcement. Friday, May 22, 6PM – 9 PM at the Home of Linda and Michael McGee



There will be a photography gallery exhibition of the Buddhist photography of Karen Redding at the home of Linda and Michael McGee on Friday, May 22, from 6-9 PM. Linda and Michael are hosting this event. (This is not an event at White Heron Sangha).

Karen is a professional photographer/Buddhist/certified mindfulness teacher/psychotherapist. She has traveled the world taking pictures of peoples of all different cultures and of Buddhist works of art. She combines her deeply moving photographs with inspiring Buddhist reflections and commentary.

Karen had her first photography show in 2008, and entered the field of photography with a professional mental health background. She has worked as a clinical social worker with a doctorate in psychoanalysis within a private practice in Laguna Beach, California.

Karen is also a dedicated mindfulness practitioner in the American Buddhist Vipassana tradition and a dharma and meditation teacher for InsightLA. Karen teaches a variety of mindfulness-based meditation classes. For the past 5 years, she has been a teacher and facilitator of a bi-monthly Sitting Group in Laguna Beach, for the Orange County Chapter of InsightLA.

Travels Through Humanity is the name of her growing body of photographic work, taken in remote places throughout the world. Karen's work has received attention in several art exhibits in Southern California. This work embraces the human landscape of diversity while also highlighting core values of people everywhere: a need for connection, a quest for safety and a sense of belonging, and an innate desire to be deeply seen and accepted.

Her newer works highlight photographic images from Asia, including: Sri Lanka, India, the Kingdom of Bhutan, and Myanmar. These intimate and contemplative images show the many facets of sacred places that can be found in the world, as well as within ourselves, when we can meet ourselves and each other in a more kind and compassionate way.

Please join us on Friday, May 22 from 6-9 PM to view and appreciate Karen's inspiring works and to join in community and fellowship. Refreshments will be provided.

20% of all proceeds of sales of Karen's work will go to the White Heron Sangha.

Please RSVP to Linda by email at info@wellmind.com.





