

**The Picture Exercise Instructions**

This picture exercise will play a crucial, core part of our time.  As you know, the heart responds to images (movies, stories, pictures, symbols).  So, in order to allow our hearts to speak unedited, I want you to find and print pictures that capture your heart, your attention, your interest.  I did this several years ago and it was immensely revealing concerning my glory.  Here is what you do:  
   
1. Go to stock-photos sites. You can find them by searching on “stock photos.”  I recommend the following:

[Find.photo](http://finda.photo/search?q)

[Unsplash photos](https://unsplash.com)

[Pinterest](https://www.pinterest.se)

[LifeOfPix](http://www.lifeofpix.com/gallery/)

As with all photo sites, be cautious.

2. Quickly scan through the pictures, aware of your heart’s reaction.  When you find a picture that you like, that grabs your attention, your interest, right-click on the photo and “save as” into a folder on your computer.  **You should gather around 60 pictures**.

**Don’t find pictures to portray your life**. Don’t try to find pictures, let them find you. Don’t use any pictures that you already have unless you can’t escape its pull or haunting. Don’t use family pictures. These aren’t pictures you would necessarily what to hang in your house. These are simply images that elicit something from your heart.

3. **Print all the pictures in a small format – approximately 3x4**.  I inserted the pictures on Power Point slides so I could put as many on a page as possible and determine their size.  Then I printed them on photo paper through a color printer.

4. Once you have printed the pictures, cut them out as individual picture. **You should have approximately 40 to 60 3x4 color pictures**. Again, 3x4 is an approximation.

5. The remaining steps will be done at the retreat site.

This will probably take you at least 4 hours, minimum. So schedule a block or blocks of undistracted time.

DO NOT forget to bring your pictures.