



**Capturing Serenity through
Night Photography
with Carly Stocks**

Our connection to the night sky is ancient.



Image: Photosensia- Getty Images-Mount Nemrut Nemrut Dağı

Throughout history, people have looked to the sky for healing and guidance



Healers used the night sky to time rituals and treatments





Mesopotamian healers observed star positions for diagnosing illnesses and conducted healing incantations to enhance their power.

Chinese healers aligned treatments with specific star patterns and performed some at night under the stars.

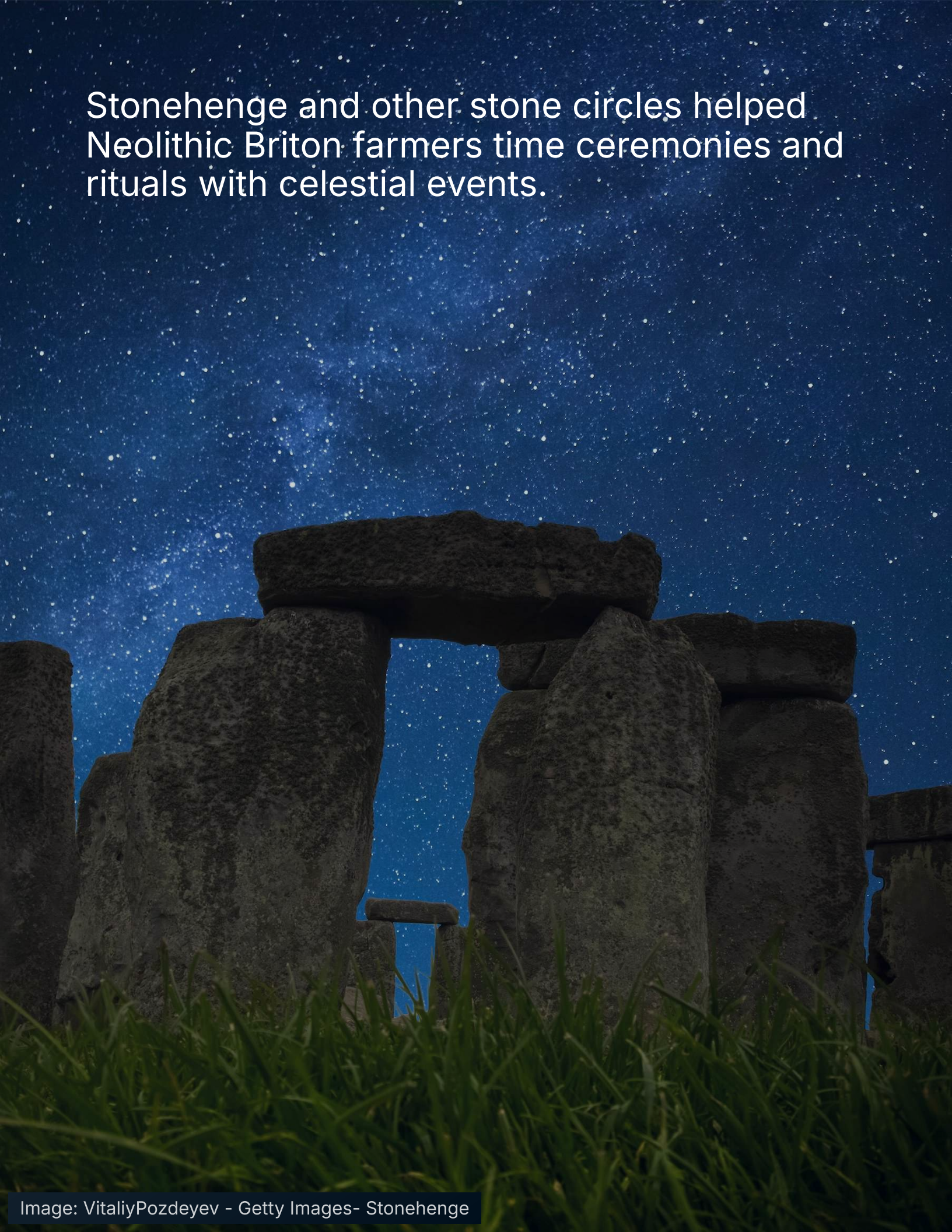


Hindu health rituals were performed under specific constellations and lunar phases.



Image: Bijoy Gochhayat - Getty Images - Lord jagannath Temple Puri

Stonehenge and other stone circles helped Neolithic Briton farmers time ceremonies and rituals with celestial events.



The appearance of specific constellations marked a time of healing



The Mayans timed healing ceremonies with the appearance of Venus.



The appearance of the Matariki star cluster (Pleiades) marks the Māori New Year, a time for remembrance, celebration, and renewal.



Image: Akkarpark lamopas- Getty Images- Cathedral cove

The appearance of the Emu constellation
marked a time for healing for Indigenous
Australians

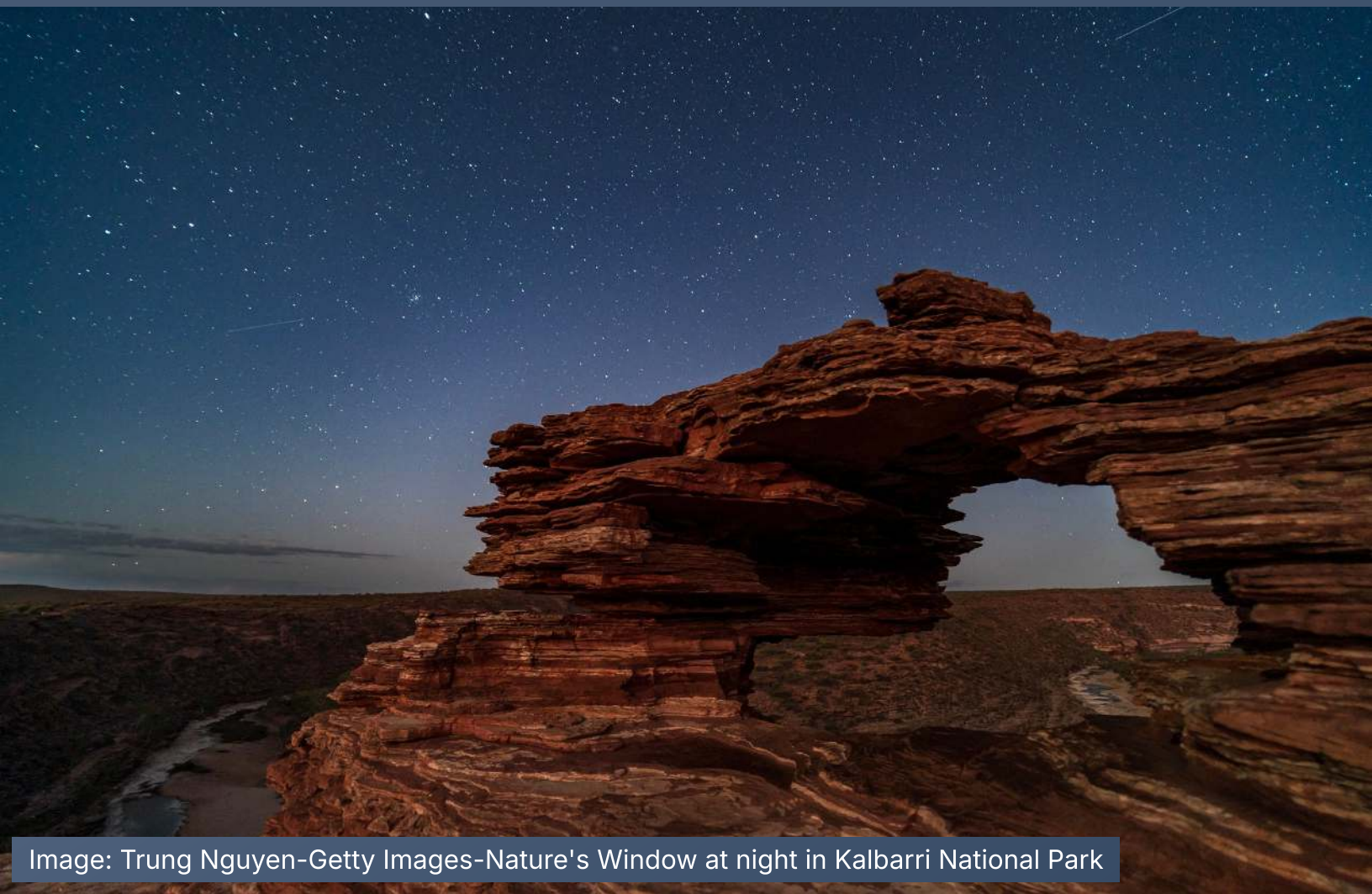


Image: Trung Nguyen-Getty Images-Nature's Window at night in Kalbarri National Park

The Southern Cross constellation was used in timing healing rituals in various African tribes.



Some ancient rituals were designed to harness cosmic energy.



Image: Vadim_Nefedov - Getty Images - Ancient tombs of Hegra City, Al Ula, Saudi Arabia

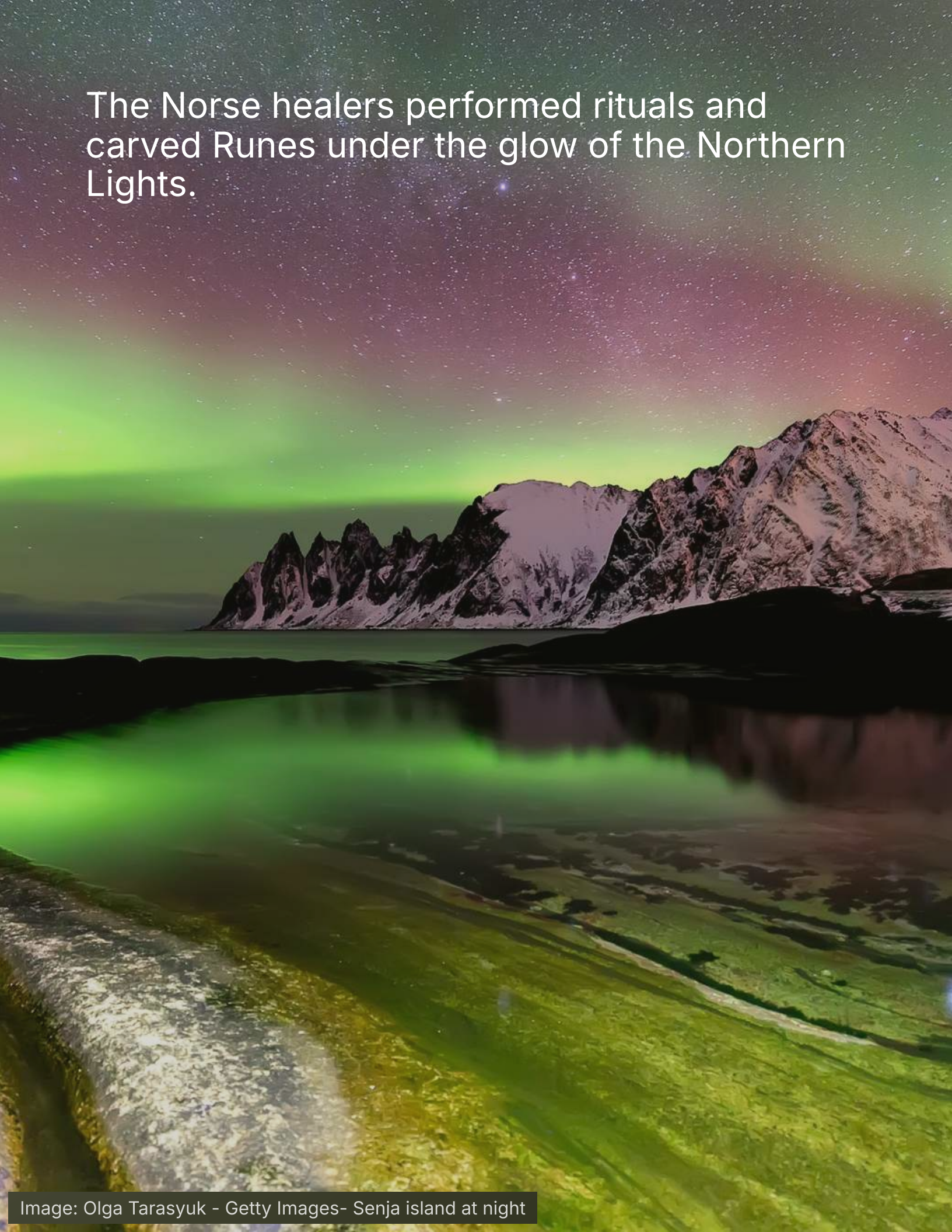
Babylonians made offerings to the stars during healing ceremonies to invoke divine favor for health.



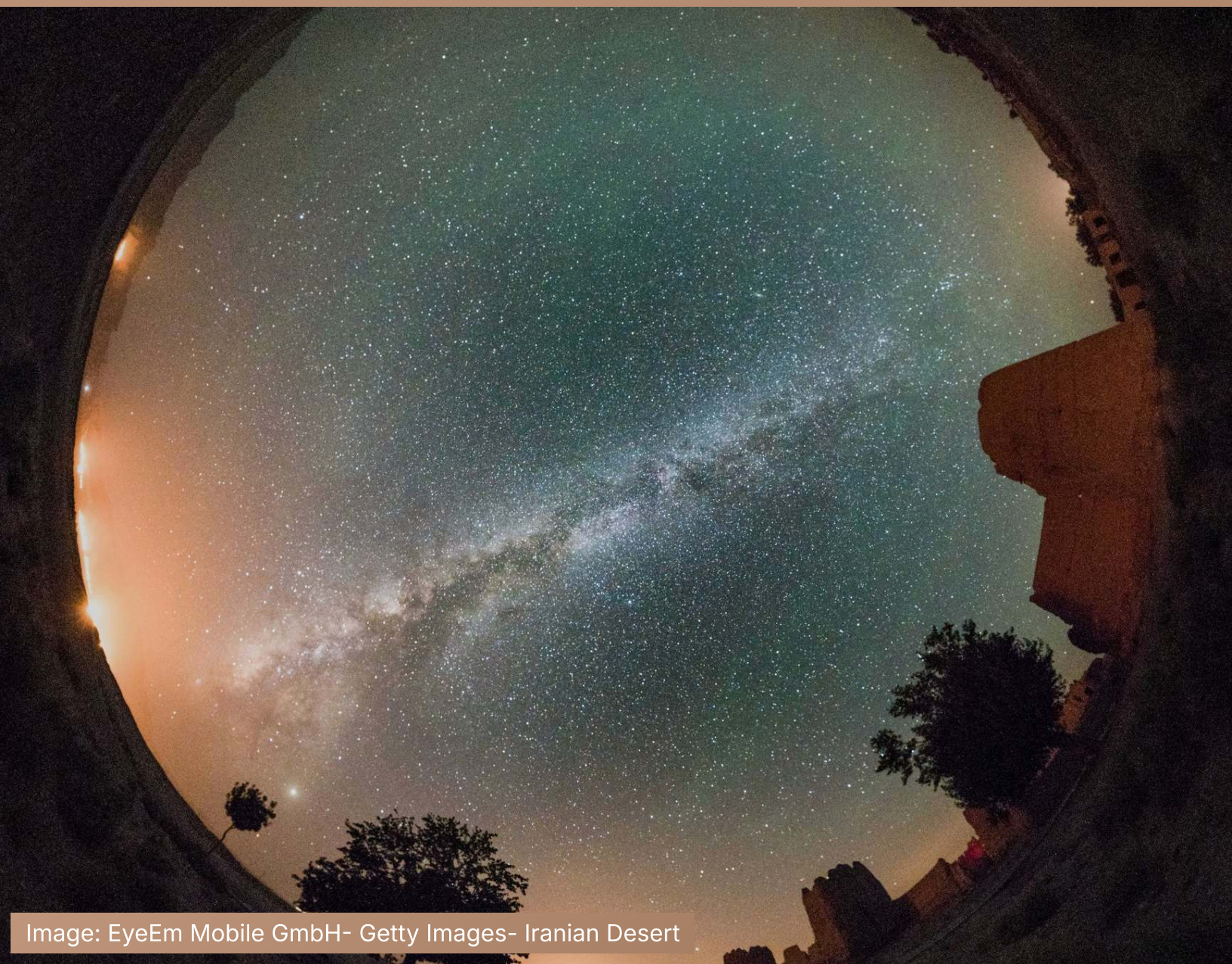


Incan rituals conducted at night, including offerings to the stars, were believed to promote health and balance.

The Norse healers performed rituals and carved Runes under the glow of the Northern Lights.



Persian magi performed rituals under specific star alignments to harness cosmic energy.



Ceremonial rituals or dances were often performed under the stars



Ceremonial dances under the stars were part of healing rituals, believed to connect the Dogon community in West Africa with cosmic forces.



Image: trevkitt- Getty Images -Ancient Dogon and Tellem houses

Shinto purification ceremonies conducted under the night sky were believed to cleanse body and spirit.





Image: EyeEm Mobile GmbH - Getty Images - Halemaumau Crater In The Kilauea Caldera

Ho'oponopono a traditional Hawaiian healing practice that involved reconciliation and forgiveness, was often performed under the night sky.

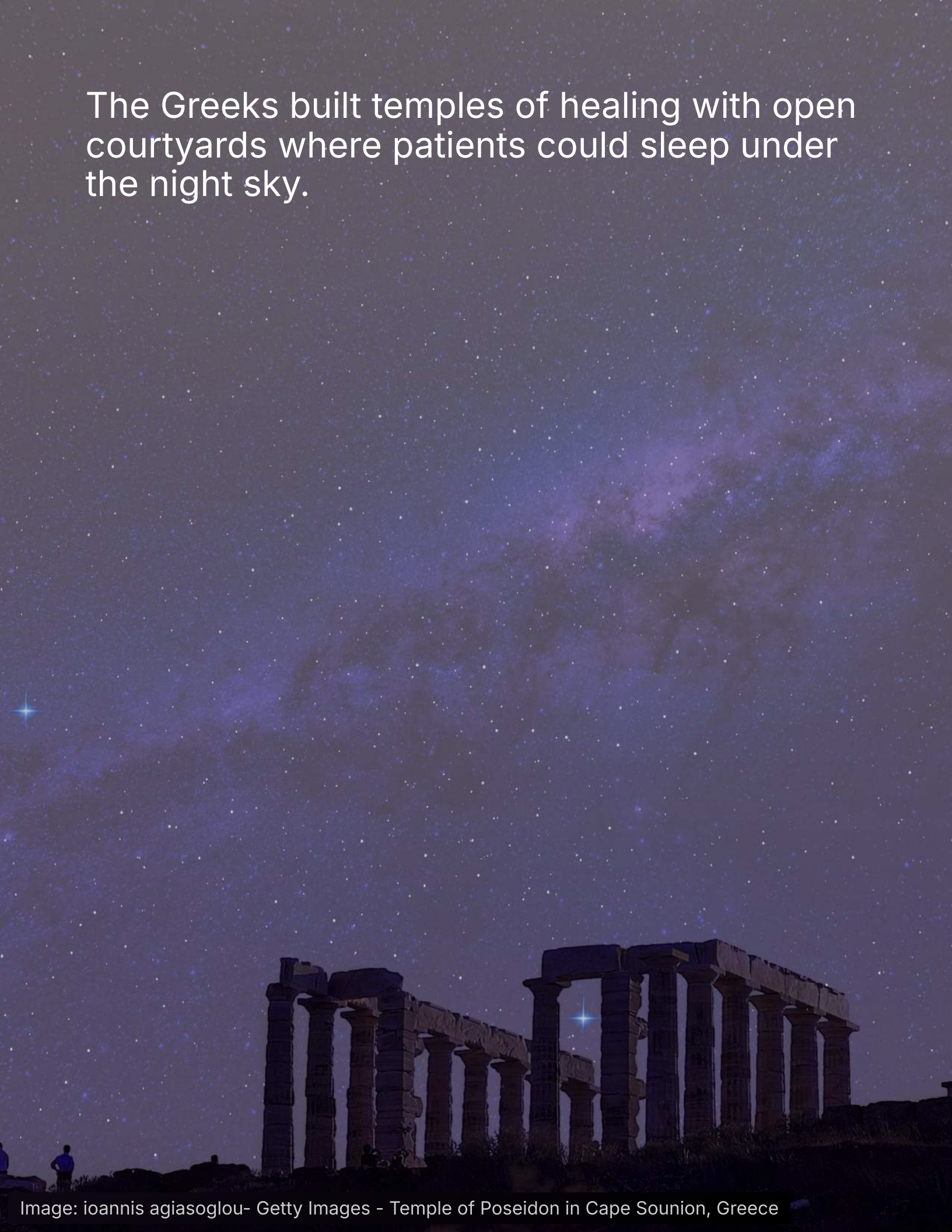
Zoroastrians performed rituals under the night sky dedicated to Sirius, associated with rain and fertility.



Ancient healers often had patients spend time under the stars



The Greeks built temples of healing with open courtyards where patients could sleep under the night sky.





Native Americans spent nights under the stars seeking spiritual and physical healing through visions.

The Egyptians conducted healing rituals in temples with open roofs to allow the stars to influence the process.



Polynesian navigators used the stars to guide them on spiritual and physical journeys.



Why are they so similar?



“The practices emerged because they worked. People felt better and functioned better, and the core elements of the healing process were reinforced and passed on.

Cultures separated by time and space converged on the same principles for healing.”

- Dr. Bruce Perry MD, PhD



What about modern healers?



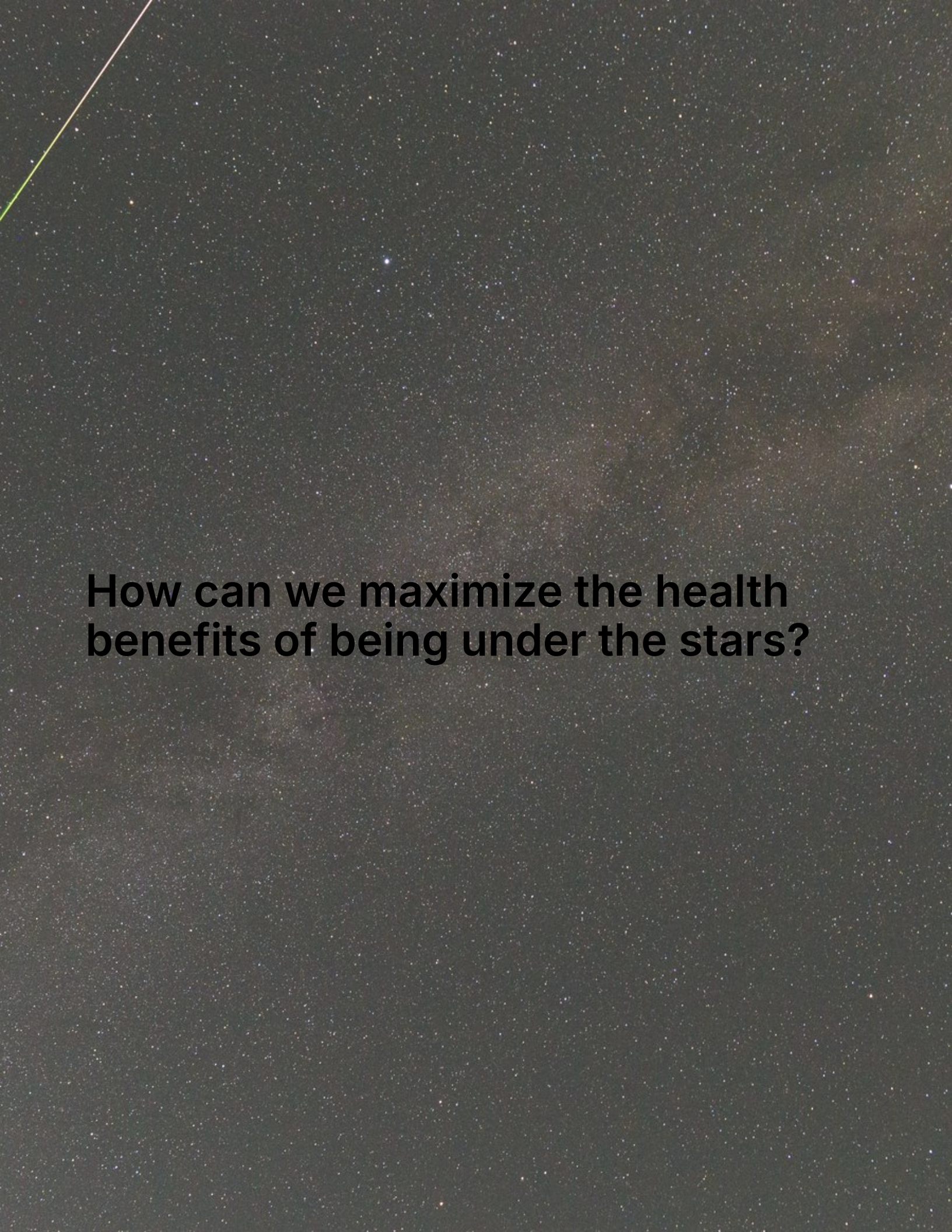
Star Gazing Benefits

- Reduced Stress and Anxiety
- Improved Mood and Sleep Quality
- Mindfulness and Meditation
- Increased Connection to Nature and less isolation
- Cognitive Restoration and Improved Memory





- Enhanced Creativity
- Improved Mental Clarity
- Increased Patience and Happiness
- Decreased Blood Pressure
- Boosted Immune System
- Reduction in Symptoms of PTSD

A dark, starry night sky with a bright yellow streak in the upper left corner. The text is centered in the lower half of the image.

How can we maximize the health benefits of being under the stars?

- Simplify your shot list
- Bring a chair
- Put your phone away
- Listen to music
- Try a meditation
- Journalling or recording voice notes
- Go back through your images
- Create a photo album
- Write down your story
- Share your experiences
- Bring a friend

Jason Perry

PDog Photography

- Award-winning photographer
- Marine Corp Veteran
- 27 years of service
- 4 combat tours
- Volunteer for Soldier On

Facebook Page

<https://www.pdogastrophotography.com>



859
posts


19.5K
followers

999
following

Jason - PDog Astrophotography

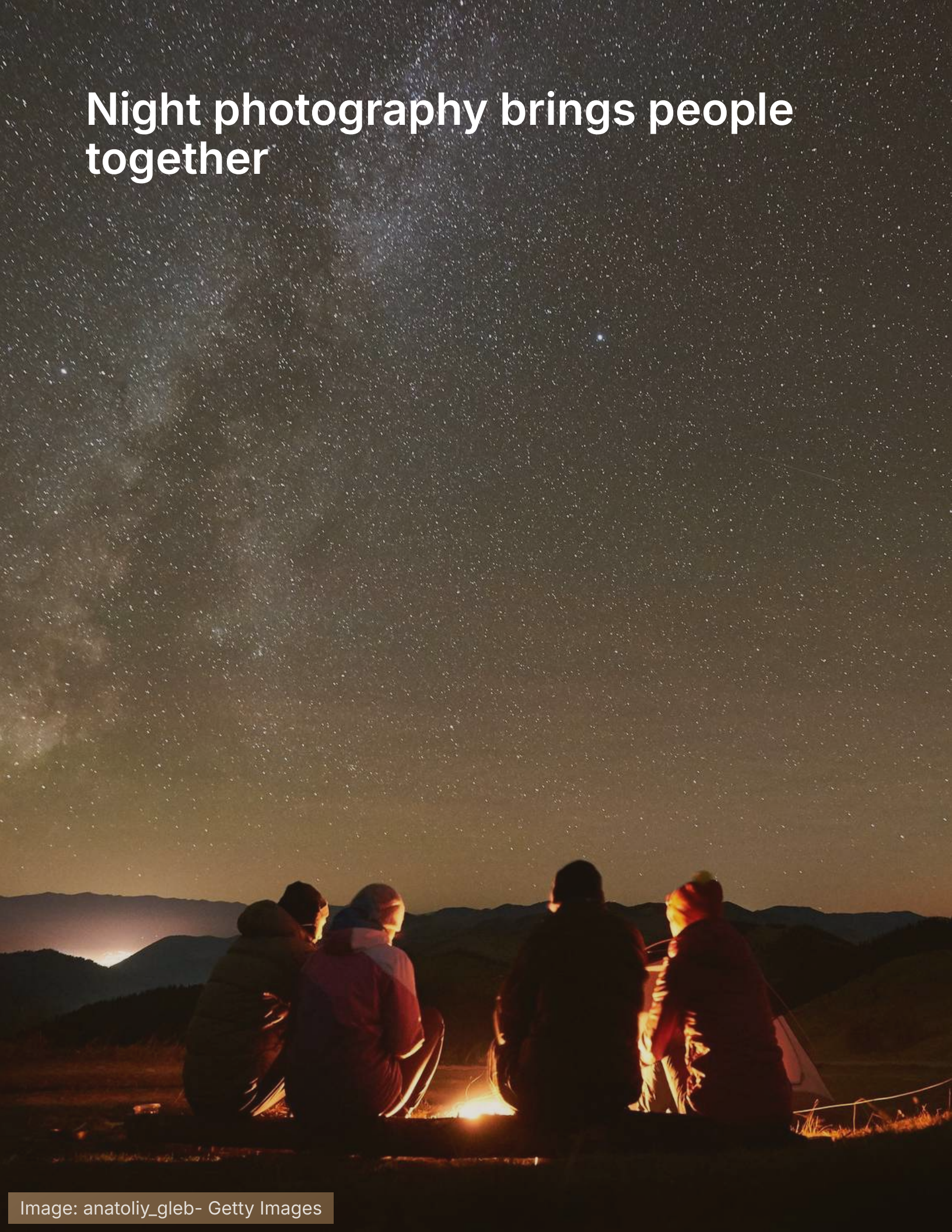
Photographer

Sharing my love for astrophotography! Wanna learn?

See link 

Australian Geographic Nature Photographer of the Year astro category winner 2022 & 2023

Night photography brings people together



How can we use our photography to help others?



- Organize stargazing events
- Community Education
- Capture images to commemorate loved ones
- Fundraising events
- Workshops for veterans
- Art therapy programs
- Astronomy for hospitals or senior centers
- Environmental advocacy
- Public installations
- Night sky tourism
- Photography Mentorships or youth outreach





**Are we getting the most
out of our experiences
under the night sky?**

How can we reclaim the sense of wonder we felt at the start of our journey?





Make time to enjoy the stars

Pre-scout locations

Pre-program camera settings

Organize gear

Streamline workflow

Shoot time-lapse sequences

Do a tracked time-lapse

Take a panorama

Make a plan

Use one camera

Create one image

Shoot a blue hour foreground and wait

Revitalize your creativity

Try new things

Take deep-sky or deepscape images

Be creative

Return to a location for a new composition

Visit new locations

Light painting

Use creative filters

Capture people under the stars

Go without a composition in mind



How does our experience under the night sky affect our work?





**How does being out under the stars
make you feel?**

How do you convey that?



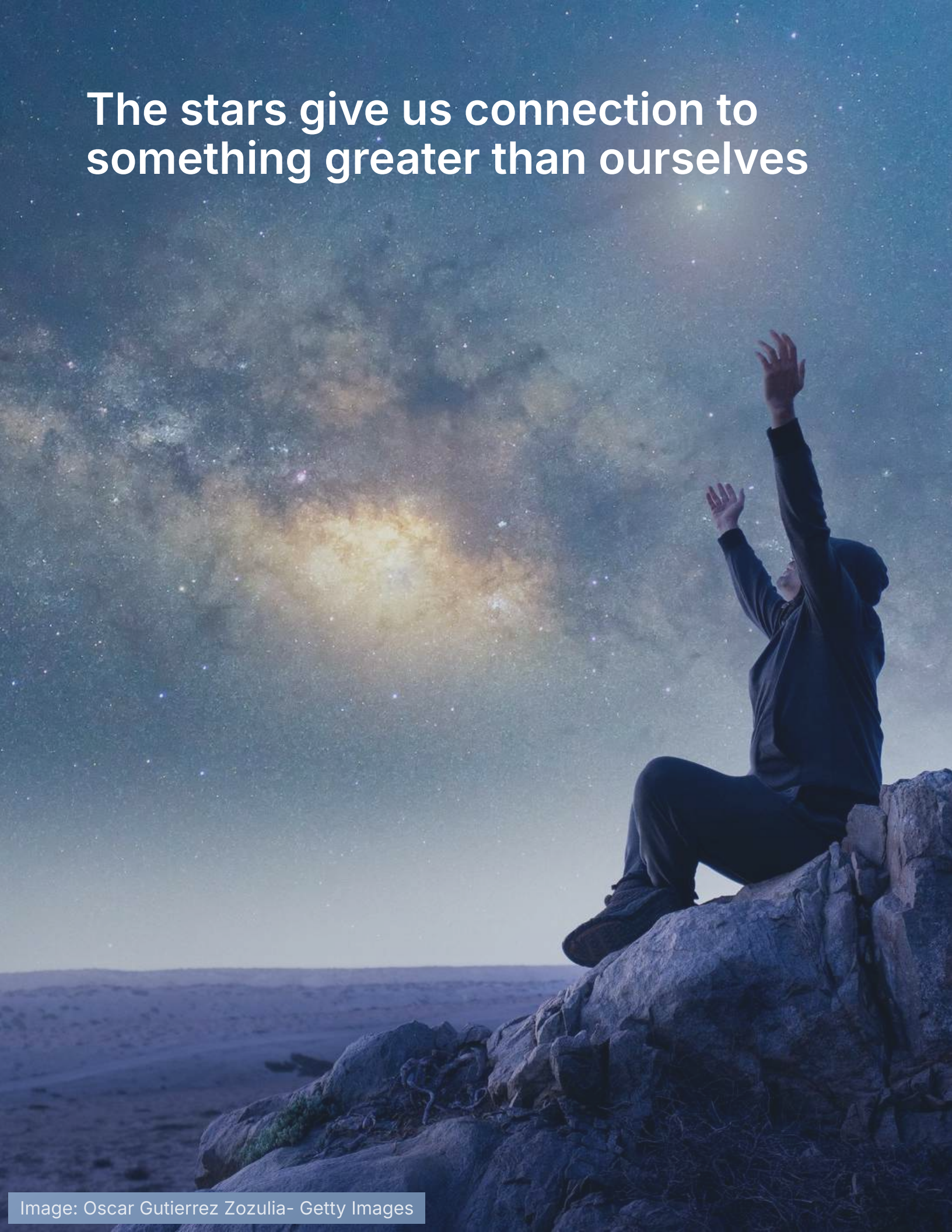


How does your work connect with viewers?

**Across time and culture, we all share
the night sky**



The stars give us connection to something greater than ourselves





The stars connect us to each other

We are all human and this is our home.

