



LensView

Fall 2020

a visual journal for conscious communicators

OLLIS PHOTO

Contemplating...



In the quiet of a snowfall there is a cleansing purity, a stillness.

As we head into Winter it is a time of reflection for the year gone by. Stark landscapes reveal **structures** we can better contemplate for understanding balance and the genius of design in purpose. We consider foundations for which we can build our renewed visions.

In the simplicity we gain the **clarity** of thought. Hibernation, a resting meditation slowing our breathes consciously aware of where exhale meets inhale making cycles all the more evident.

For magic weavers, it is the ancient fabric of the **dreamtime**.

It is an interval of thoughtfulness where intuition guides the analysis to understanding the purpose of what has transpired. It connects to the course for a new year and formulating our **intentions** for moving forward.

Rebirthing...

What many of us had intended for 2020 quickly encountered the **change** that would touch us all.

No matter what our intentions and plans, March brought about the shut down and **acceptance** of remote work as we headed into an unknown abyss.

Structures began falling away~morphing into something that had to be in the moment and flexible. We had to be **present** with a new reality.

Paradigm adjustments of all kinds were becoming necessary while the surreal waiting to regain traction took its toll. We had no control.

Clocks slowed for some, sped up for others. How we perceived **time**, how we worked with it, what we invested in it, took on new meaning.





As some thought shut down was a six week holiday giving way to a return of normalcy, others took heed **realizing** how they had conducted business, their identity and lifestyle would need to change in order to survive.

We used the great pause to **re-imagine, re-invent** ourselves. Trying new identities to see what felt right while pondering how long the interruption would last and the types of changes to come. We planted new seeds.

Little did we know this was to continue as an on-going process **re-defining** who we are as individuals, business people and as a society.

Re-freshing an image, to match a pivot or just to be current found it's importance as it became apparent our circumstances would continue changing into a reality landscape we had not imagined or designed ourselves.

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Living...



Re-opening with risk of infection along with new regulations made for an **atmosphere** rife for conspiracy theories and a challenging landscape to navigate differing beliefs.

Many had lost jobs or saw jobs change, businesses closed, students came home and wide spread use of Zoom boosting communication. Connecting became, **virtual**.

As social distancing took hold, social media became **fertile** ground for antagonism inflaming an already anxious population.

We became **elements** of change, no longer mere spectators. Pivot strategies whether professional or personal became our method of navigating an ever shifting and complicated reality.

Through the summer months most of us were met with a growing pressure to **evolve** which meant understanding our history to move into our future.

We congregated outside rediscovering activities from the past, like a Drive-In movie. We visited parks, biked, hiked, camped and went swimming. Nature became our true environment once again.

It felt as a review of life in the 1950's and 60's including all the racial, patriarchal and religious connotations. "Rights" of all kinds were up for debate.

Many of us easily adapting to wearing masks when in public as **consideration** for others made anything practical and worth enduring. Others took issue.

Ironically, society forever altered as we revisited our history tearing away masks of hypocrisy. The harsh light of a society in process shown onto our **prejudices**.

Would **innocence** survive?

Findawayer Fest 2020 all photos (c) 2020 Karen Ollis www.ollisphoto.net Lifestyle









What seemed a battle for the collective soul of our country did not stop the human spirit from coming through.

In that, we found we could still have fun and **celebrate** life during the summer even while our awareness grew of more serious matters surrounding equality and justice.

We endeavored to go on with life even with the risks of the pandemic. We interacted with our families more, cherishing our homes and nature.

For many, **life** itself took on new meaning~ savoring each breath as some succumbed to the virus to breathe no more. Through the turmoil, innocence was being reborn. We intended to move **forward** regardless of our past or present.

It may have been under threat but the **human spirit** was and is alive and well. It's in the laughter and joy of children, a loving couple, and a united community.

Giving...

Throughout the year Caregivers experienced increasing stress levels few of us could imagine. Hospitals overflowed with patients, equipment and supplies dwindled, staff went without rest or relief as they risked their own health. Our human healthcare system under attack. Nevertheless caregivers stepped up.

With earlier stay at home orders, many of us decided to make family pet additions. Finding Veterinary practices taking on new patients was difficult. The influx however did not slow down the existing need for emergency and acute animal care.

For Veterinarians, State Covid regulations meant new business procedures. Pet owners were not allowed to accompany pets during wellness check ups, emergencies or treatments for ailments. Veterinarian staff stepped up to provide the care.







We had seen so many people step up to provide [assistance](#), and donations. To raise their voices, to march, to make sense of this time and to demand a better existence for all. Yet, our patience and [faith](#) would be further tested.

With Autumn came another phase, that of the elections. While the Country appeared to be split between one party or another, there was an alarming feeling that our very Democracy was at stake. The Pandemic raging, elections eminent there seemed no end to controversies or threats. The tensions palpable regardless of individual [consciousness](#) level.

Would our system remain intact? Would our votes be counted? Would the people decide the outcome and [direction](#) we would move?

The one thing you can count on in life, is change. And change is what the people voted for.





Reflecting...

Much about 2020 has shown us that change escapes no one, not even LensView. My original thoughts to share have been modified to reflect the year that has gone by.

Whatever each of our definitions of normal were, it has been transformed into finding happiness, joy, creativity and solace in the moment. Our **awareness** has been forever shifted.

Many of us sought greater depth in spirituality asking what is real or not, what is consideration and what is compassion. It's in our active acknowledgement to reality and the evolving new importance of **gratitude**.

We spent more time listening and discerning, we have been adapting and we are learning more about appreciation and ourselves. We celebrated family, nature, and life itself. We found fun in more simple pleasures with those we love. We gave pause to those that had transitioned alone without family members to hold their hand.

We grew in understanding that to endeavor to have **empathy** and positive **responses** to challenges, is to grow even when faced with our worst fears. That we can learn from the mistakes of the past without repeating it and thus truly evolve.

We learned we are a collective. That color, culture and beliefs may segment, but the reality is all life is connected and on this planet together, regardless of borders. We learned that fighting each other was detrimental and collaborating together could benefit our human species. **Humanity** was the lesson of 2020.

photos (C)2020 Karen Ollis www.ollisphoto.net Nature

Creating....

Change can be a good thing for creativity. It gets us out of ruts and out of ourselves. The synthesis of events this year heightened our awareness, it shifted concepts of structure and control. We gained in our ability to be in the moment and to have empathy. Mortality changed for many.

For me, this journey continues to be an opportunity to experience the beauty in everyday and everything. It's a way of life, an attitude and approach highlighting the positives rather than negatives.

Sharing inspiration within community supports others in giving themselves permission to be creative in not only their professional endeavors, but in all facets of life.

Evolution is an organic process that aligns us with our true selves stripping away masks, creatively collaborating for a higher good.

I am extremely grateful for each opportunity to Create.

A heartfelt Thank You to all the clients who stood by me.

LensView: design, writing and photography by Karen Ollis

