

# "Megan's Garden: a study in meditation and healing" by Georgia NeSmith

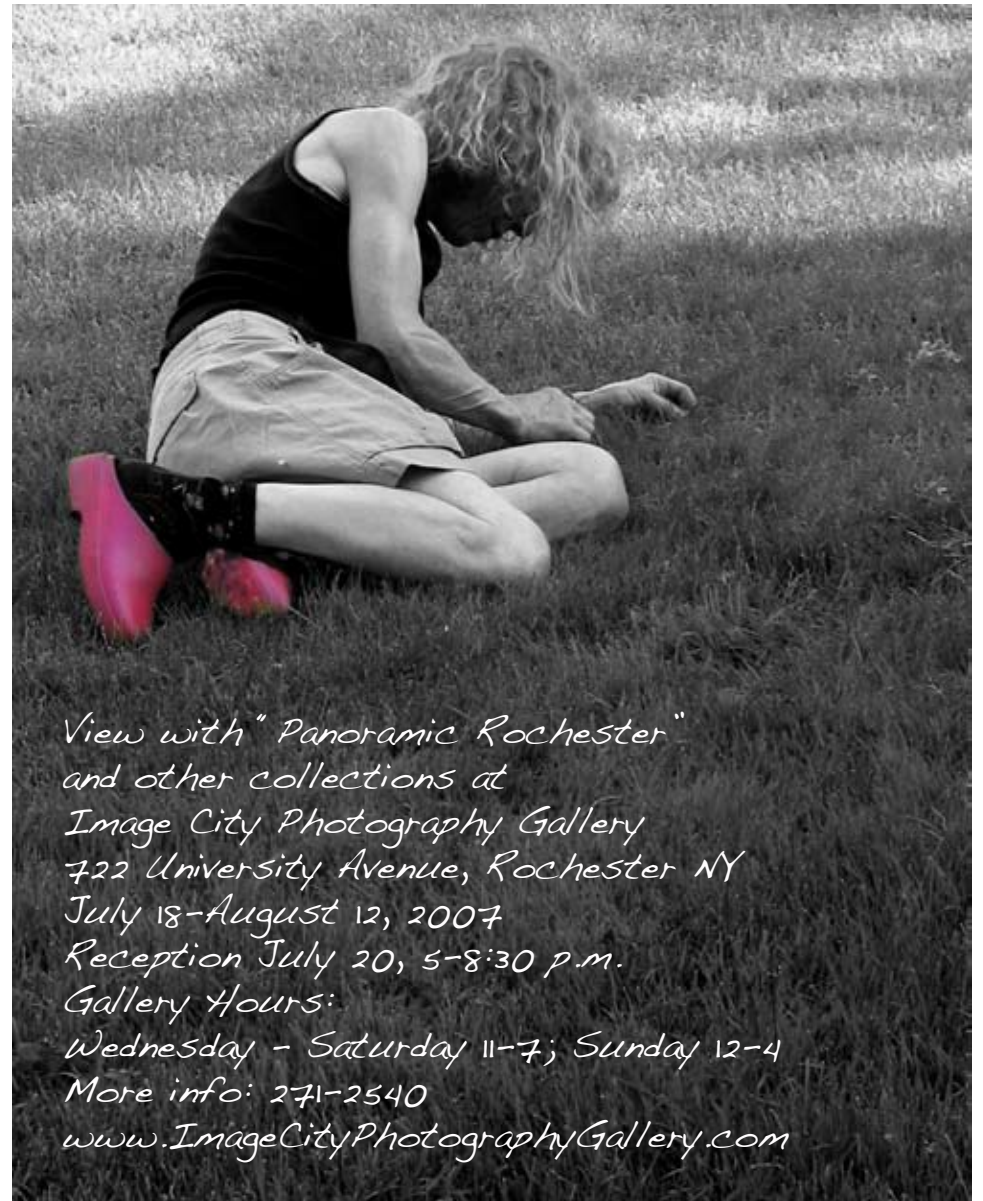
This photo series focuses on my friend Megan Reichman, who, like myself, is challenged by chronic pain and fatigue. Our conditions forced us both to give up careers that had been central to our identities.

Despite her pain Megan has been creating an amazing garden in a huge sloping yard she has at her home in Pittsford. Megan isn't a gardener...she's an artist working outdoors in stone and plants. Like me, Megan has a bit of a problem with sleep. You may find her out working in her garden at three in the morning. She will be huffing and groaning with pain, but she will keep going. And little by little, the garden takes shape.

Megan and I began relating to each other in a more intimate way through this project. She was very self-conscious at first, worrying about how she would look. So I had her just go about her gardening while I took other images. Then I went back to her when she lost track of me. After a while, I downloaded the images onto my laptop and showed them to her. She was thrilled with them and immediately saw the value of what I was doing. It is healing - both for us, and for others who might see this work and know the story behind it.

For Megan, gardening is a spiritual experience, a meditation, a way to connect to the life force within her and around her.

Like Megan's garden, photography is a form of meditation for me, a means of coping with the stresses and anxieties of my life. As I learn to see the world through the camera lens, I find moments of peace and spiritual growth.



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