



Motionless Journey: From a Hermitage in the Himalayas

Matthieu Ricard

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A sublime photographic record of Ricard's yearlong retreat in the foothills of the Himalayas.

A photographer and Buddhist monk, Matthieu Ricard recently spent one year in retreat at the hermitage of Pema Osel near Kathmandu. Surrounded by spectacular scenery, nestled between lush valleys and the towering Himalayas, Ricard meditated daily, waiting for the light that illuminates the path to awakening.

Each day from his sublime viewpoint, he contemplated the different subtleties of light: at dawn, before dusk, and in the evening. At the rhythm of one image per week, he captured the magnificent landscapes that surrounded him. These photographs, taken from the hermitage's terrace and nearby, reflect the elation of bearing witness to nature's harmony. 80 color photographs.

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