



# AN OCEAN OF FEELINGS

**Dafna Tal** explores the realm of emotions through underwater photography

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For as long as I can remember, I have been curious about the non-physical dimensions of our world: the hidden world of our feelings, thoughts and perceptions. I wanted to know what motivates us, and what makes us take certain decisions that direct our lives in one way or another.

I explore human perceptions, behaviours and beliefs by working with different and unique communities. I conducted an inter-religious experiment in Jerusalem, worked with a community of monks and nuns in the Holy Land, and created a project with an international community of dancers who spoke honestly about their true self-image. Each project has its own challenges, and each is a journey of inner and outer discovery.

Lately, I have found a new interest in engaging in the world of feelings and emotions, which led me to the depths of the sea. Like the world of emotion, the sea is an unpredictable world of power and life. It, too, can thrive or be harmed.

Why engage in emotions at all? Some of the most important goals we set for ourselves relate to the emotional world, because everyone wants to be happy and joyful. At the same time, little attention is given to understanding and experiencing feelings. There's a lack of awareness of the tremendous benefit of experiencing the full range of emotions, both "pleasant" and "unpleasant", and an understanding that addressing them is a vital process that leads to emotional maturity.

Underwater photography allows me to express emotional experiences. One of my projects includes a series of people I captured as they crash into the water. Their sudden entry into the rigid surface is manifested as a state of shock, when one is wrapped by a cloud of confusion,



## PRO BIO

Dafna is a visual artist, Canon ambassador and commercial photographer. She creates with photography, video and sound, exploring the inner thoughts and feelings of various communities.

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unable to see or even control their body movements. I am also working on a series of underwater portraits where I aim to capture moments of fragility.

It's impossible to speak about underwater photography without mentioning the technical aspect. My photo gear includes a Canon EOS-R5 camera, a Canon RF 24-70mm f2.8 lens, a Nauticam underwater housing and a pair of Inon strobes to help me deal with the underwater challenges and constantly changing factors.

Good diving ability is also essential, and scuba diving is a sport I have been involved in for years. But what is important is that every technical matter is solvable. Eventually, it becomes intuitive and allows the photographer to go beyond the technique, and focus on the creative expression.