



Silent Portraits

Axel Kirchhoff

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- **Photographic Homage:** Axel Kirchhoff captures the beauty and power of meditation through silent yet vibrant black-and-white photographs
- **Diverse Perspectives:** Features quotes and portraits from 66 protagonists, each revealing their unique approach to inner work
- **Mindful Journey:** Understand how an inner journey begins and takes form, manifesting as a silent communication
- **Personal Insights:** Gain personal descriptions and experiences of meditation from a diverse range of individuals

On over 300 pages of this high-quality art print, you will encounter the fascinating world of meditation. How does an inner journey begin to take form, manifesting as a silent communication?

In his photographic homage to the beauty and power of meditation, Axel Kirchhoff answers this question simply: by looking. This mindful pause is also the starting point for encountering the 66 protagonists who, in various forms, reveal their process of inner work.

Silent Portraits is a collection of quotes and portraits from a diverse range of protagonists. Alongside the silent yet vibrant black-and-white photographs, the protagonists provide personal descriptions of their approaches and experiences with inner work.

Insights into the effects of mental exercise, drawn from conversations with renowned author and neuroscientist Dr. Ulrich Ott from the Giessen Bender Institute of Neuroimaging (BION), round out the book.

Text in English and German.

Axel Kirchhoff, born in 1968 in Munich, grew up in Stuttgart and the USA. After training as a dancer and gaining initial experience in photography, he worked in various creative professions, including as a blacksmith. In 2011, he completed a degree in photography at the School of Design in St. Gallen. Since 2014, he has been working as a freelance photographer, bringing his diverse experience from art, industry, and culture to sophisticated photography productions.