Avoid Miserable People Like the Plague

Stay away from miserable people like your life depends on it. Misery loves company, and too often, those trapped in negativity are eager to drag others down with them.

Social Contagion

I believe **social contagion** is a real issue in society. Miserable people tend to surround themselves with others who share their misery, pulling you down into the hell they've created. Often, they'll try to pull you into their vices—whether it's drugs, alcohol, or other harmful habits. People who continuously poison themselves seem unable to find joy from within and often resent those who can.

> *"When you let outside forces into your inner zone, you start to compromise your health and well-being."*

Ghouls and Goblins

These days, **many people resemble ghouls and goblins.** A lack of sunlight, too much time spent indoors, and poor nutrition have created a population visibly drained of vitality. *It's not natural to crave being indoors.* Without proper sunlight and movement, the body and soul decay.

> *"Watch the 1940 Pinocchio cartoon and see what happens when the boys go to Pleasure Island to indulge. They destroy themselves, transforming into donkeys, sold as slaves to mines."*

This imagery of Pleasure Island reflects the same problem in modern society— people indulging in vices without realizing the long-term consequences. *Perhaps it is a virtue to stay away from Pleasure Island, not for moral reasons, but because it's simply bad for your health.*

Beauty Must Return to the World

Whether it's through **beautiful art, beautiful thoughts, or beautiful conversations**, I believe in the power of beauty to uplift humanity. As artists, it's our duty to restore beauty. To do this, we must remove misery and ugliness from our lives *like the plague.*

My Experience with the Social Scene

Last night, I went out, despite rarely indulging in nightlife. I didn't drink, didn't smoke, and kept hydrated with water. Even so, *the experience was draining.* Waking up the next day, I could feel the toll of a late night on my body—a reminder that we must **prioritize health and sleep** over fleeting social pressures.

> *"I feel more fulfilled interacting with people in the daytime—meeting strangers at fountains, speaking with preachers at churches. This feels more virtuous and grounding than nightlife, where insanity reigns in alleyways and people line up for drinks."*

In a world obsessed with fear of missing out, it's tempting to go out and indulge, but ultimately, *it's not worth it.*

Embrace Your Role as a Vessel

I view myself as a **vessel on this Earth.** Going to bed early, tapping into the metaphysical, engaging in a Zen-like, meditative practice of movement—all of these keep me connected to something greater than myself. I walk, ponder, and connect with God. *I am not just a photographer; I am a vessel, a skin suit placed here with purpose.*

> *"Once you release fear, you're able to make decisions with true free will. Free yourself from the fear of missing out. Embrace solitude, health, and purpose."*

In the end, it's about making decisions that nourish the body and soul, distancing oneself from negativity and mindless indulgence, and returning to a life of purpose and beauty.