

## GO BEYOND

### **What's poppin' people? It's Dante.**

Today, we're in Rittenhouse Square.

Look around — **Rittenhouse Plaza, Philadelphia.**

It's a *beautiful day*.

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### **Embrace the Spirit of Play**

**Healthy mind, healthy body, healthy soul** — that's the goal.

To *create*, to *evolve*, to lean into this trend where **health is wealth**.

Time spent spreading love and joy? That's the *new luxury*.

*Let's redefine what it means to be successful.*

*Let's redefine what luxury is.*

Transcend this world through photography.

Uplift the mundane. Make it meaningful.

Every small, intricate detail around you becomes *infinitely beautiful*.

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### **Street Photography is a Superpower**

Street photography...

To create art is to experience *bliss*.

That meditative, zen-like state of walking, seeing, connecting nature with human behavior.

*Street photography is an incredible gift — we can uplift humanity with it.*

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## **Speak Positive Things Into Existence**

I truly believe our words carry meaning.  
Language matters.

*To speak only in **positive language** is wise.*

Try this:

- Don't read the news.
- Turn off the TV.
- Avoid the smokescreens.

**Go off the grid** — mentally.

Escape the slave mind.

Modern slavery isn't physical. It's *mental*.

*Delete your Instagram.*

*Disconnect.*

*Free your mind.*

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## **Eat Once. Eat Meat. Stay Sharp.**

Forget breakfast and lunch.

That was marketing — *literally*.

*One meal a day. Red meat.  
Fasting brings clarity.  
Embrace the hunter's mindset. The Spartan's mindset.*

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## **The Spartan Identity**

When someone asks, "What do you do?"  
Break the simulation.

*Life's a video game. You're the Spartan. You can become whatever you want.*

I am a demigod.

**Man is divine.**

Exist *outside* the passage of time.

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## **Bliss is Now**

*The moment — not the past, not the future — is what makes life beautiful.*

To walk more is to become more.

**Lift weights. Fast. Eat red meat. Sleep deep.**

Avoid sugar. Avoid addiction.

Eat once and feast — gorge on beef.

*Fear is the antidote to fear itself.*

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## **Destruction is Creation**

*Through destroying yourself, you can create anew.*

*Destruction is creation.*

*Imperfection is perfection.*

Adopt the *wabi-sabi* mindset.

Embrace impermanence.

Everything becomes photographable.

**Create in whatever medium you love.**

*We all have God in our gut.*

*Created in His image – our intuition is sacred.*

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## **Movement = Motivation**

*Motivation is in your legs.*

Great architecture.

Changing seasons.

Majestic pigeons.

All of it inspires me.

But most of all – *movement*.

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## **Pigeon Energy**

Spent time in Palestinian cities.  
Ate a lot of pigeon — tasted better than chicken.  
Everyone shares on one plate. Beautiful culture.  
I think pigeons *move differently...* and that movement becomes energy.

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## **Curiosity is Everything**

*Curiosity is everything.*

Dance, sing, play.  
Heal, explore, evolve.  
Whatever you're curious about — *follow that.*

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## **Ants or Rats?**

*We can be like ants and build.  
Or like rats and destroy.  
Nothing changes unless **you** change.*

Use your vision. Your *Oculus*.  
See beauty. Share it.

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## **Spread Joy**

*I just want to share my joy with others.*

That's the goal.

**Spread love. Spread joy.**

Create. Photograph.

Treat every day like it's your last.

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### **Nature as Muse**

Rittenhouse Square is my muse.

Escape the urban hustle. Return to nature.

Everything vibrates with energy. The sun fuels the soul.

*The sun is God.*

*The sun gives me lust for life.*

*Don't block it – let it touch your skin.*

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### **Basketball is Meditation**

Basketball is great –

Because you don't need a team.

*All you need is a ball, a hoop, and concrete.*

Same with skateboarding.

**Skateboarding is art.**

Every obstacle is an opportunity.

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## **Push Your Limits**

*Know your limitations. But **push them**.*

Skateboarding. Parkour. Rhythm. Freestyle.  
Skate the fall chill — when your blood heats up, it *feels right*.

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## **Why Vlog?**

Why vlog?

*Because it's fun.*  
*Because it's raw.*

The GoPro Mini — fits in your pocket. No distractions.  
Just press record and speak from the soul.

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## **Soul Photography**

*Soul photography is the goal.*

No praise. No clout chasing.  
We're just curious.  
Make images for the *love of it*. That's it.

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## Simple Settings, Surreal Results

Shoot small JPEGs.  
Boost contrast.  
Black-and-white. Maxed.  
Crush the blacks. Strip away reality.

*This might all be a dream anyway.  
Artists create the dream.*

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## Love > Fear

*Love **trumps** fear.*

Change your mind *daily*.  
Never stay complacent.

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## November 24, 2023 – Philadelphia

I visit the Schuylkill River Trail every day.  
Today's a quiet one. But the skyline, the trail, the movement – it all inspires.

*Life is infinite in its possibility.  
Just look out.*

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