

Go Slow and Appreciate the Detail

When I go slow on the street or on a nature walk, I feel more connected to the present and the now. Most people in the city rush from point A to point B, overlooking the beauty around them. My antidote to this chaos is to go at my own pace, walking barefoot in my Vibram Five Finger ELX shoes, and taking in every small detail.

In fact, I love starting my day with a nature walk along the Schuylkill River in Philadelphia. The calm and beauty here make this my happy place—it's an antidote to the city's hectic rhythm. When I go slow, I'm fully present, letting life flow towards me, noticing the little things, like moss growing on rocks or the patterns of graffiti on a wall.

Find a Nice View

Being in an elevated space, looking out towards the river or the horizon, makes me feel empowered. Standing on a hill or at a high vantage point gives a sense of perspective—on both the city and life itself. Here in Philly, the views from behind the Museum of Art are incredible, with the river and the architecture as my backdrop. I encourage you to find a similar spot in your city, neighborhood, or town.

Disconnect from the Culture

In today's world, it's easy to be distracted by culture—whether it's the news, social media, or TV. I feel this constant connection can dilute the experience of real life, of physical reality. Just the other day, I sat in a lobby where a TV blasted the news, and it honestly felt draining. Sometimes, the “normal” world feels like a scene from *Black Mirror*, with screens everywhere vying for attention.

Instead, I try to trust my gut, embrace the physical world, and avoid the endless stream of news or social media. I've come to value what's in front of me and engage more directly with reality. It keeps me grounded in the now, focusing on what's

tangible and real.

Throw Yourself on the Front Lines of Life

For me, curiosity is the ultimate goal. Whether it's through photography, music, or travel, I find inspiration in staying open to new experiences. I believe the camera is an excuse to explore—an excuse to throw myself onto the front lines of life. Photography is like a drug; I'm addicted to capturing life as it unfolds.

When I'm walking with my Ricoh GR III, doing high-contrast black-and-white photography, I'm fully engaged with the world around me. I don't approach photography with preconceived notions; I let the moment guide me. Detaching from the outcome, I focus on the process and allow life to reveal itself through the lens. It's like having a personal diary of daily experiences, a way to ground myself and find beauty in the mundane.

Embrace Nature's Beauty

Walking through nature, observing the trees, the breeze, and the river, is a different kind of inspiration. As much as I admire the human-made beauty of city architecture, I'm most inspired by natural settings. Philadelphia has plenty of green spaces, and I love to wander through them, following trails and discovering new views.

Whether it's exploring the Wissahickon forest, where I used to play as a kid, or taking a path along the Schuylkill, being outside feels essential. I realize that every day offers something new—a fresh perspective, a new path, or an unexpected moment that reminds me to slow down and appreciate the details.

Trust the Process and Stay Curious

Life is an open world, a constant adventure. I've learned that the goal is to stay curious, keep exploring, and throw yourself into the unknown. Whether I'm creating a "Rocky moment" running up steps in Philly or exploring the city's streets, I find myself on a journey that enriches my life. So, go slow, observe the details, and treat life as an endless path waiting to be explored.

"Just go slow and appreciate the detail all around you."
