

Your actions determine your emotions

The fate of every living human being is predetermined by our ultimate death. However, I believe that we have control over our destiny through our actions.

What we choose to do and what we choose not to do is what leads us to paradise here on earth. **Let us consider that Heaven is earth, and that there is no afterlife.**

With this in mind, what simple steps can we take each day that can bring us closer to paradise?

Walking is happiness

Firstly, I believe we should be walking as much as possible as human beings. It's no coincidence that we are bipedal beings with the capability of standing tall on our two feet.

I believe our emotional state is determined by the actions that we make. I find that it's impossible to become depressed while in a state of movement. What this means is, *physical health is mental health.*

If you want to feel happy, move more.

Sunlight is power

Let's consider that the sun is God. The closest thing to paradise is walking under the sun with maximum sun exposure upon your skin. If it is warm enough, walk topless and expose your skin as much as possible to the UV radiation.

Humans are like a battery that needs to be charged.

I kickstart my day by catching the sunrise and setting my circadian rhythm with the sun. Not only does this promote healthy sleep patterns, but I genuinely feel happier, stronger, and fueled with power to conquer the day when underneath the sun. I'm very confused that a lot of modern living is denying our human biology. In replacement of sunlight, we sit under fluorescent lighting indoors to operate technology.

Many people prefer to be inside and not in the elements. People are so afraid of the sun that I often see others with sunglasses on when it's not even sunny outside. I even know people who prefer to stay on the shady side of the street and don't like it when the sun gets in their eyes.

This fear of sunlight makes no sense to me. Perhaps humans are evolving into something else. We are denying biology and becoming technology.

What we must remember is that our bodies are the technology. We are like a generator that needs to be recharged to keep going. Keep your flame on by staying under the sun as much as possible.

Touch grass

In modern cities we are confined to walking on concrete, following a grid, sitting in traffic, waiting for the light to turn green, adhering to a series of sounds, beeps and boops, and simply never in nature.

My antidote to this is by starting each day with a nature walk along the river. I've been walking barefoot for a year now with the Vibram Five Finger EL-X shoes and feel as though this is one of the biggest game changers to my lifestyle.

I make an effort to walk in the grass, dirt paths, and embrace nature as much as possible each morning before walking in the city.

Laughter is bliss

Life is too short not to have a laugh. I find that when I'm in a state of play on the street, I am laughing all day. It's hard for me to stop smiling when I recognize how fun it is to observe the mundane patterns around me with my camera.

Laughing is what gets me closer to the pictures that I would like to make. I feel like it is this channel of power that flows through me and out of me in times of bliss. There's no real rhyme or reason why I'm laughing, it just happens sometimes. **I find that there's this point where you recognize how chaotic life is, and you just laugh in the face of it.**

Ignore social norms

Social norms are boring. *For instance, am I permitted to walk around topless?* I find that when I walk around without a shirt on, I'm certainly the only person that does this.

Also, if you want to play music in public, blast it from the speaker on your phone. Don't just leave it in your headphones. **Be more ratchet and rambunctious.**

Anti-anti-social

There's also a point where you recognize most people are antisocial. The amount of people that are just on their phones or have AirPods in their ears, and sunglasses on, is unsettling. Nobody seems to want to give you the time of day or have a conversation anymore.

This is why I believe that we should try our best to make as much human interaction throughout the day as possible. When you're on the elevator, look at the people and make eye contact, and don't just face the wall. When you're walking

down the street, compliment as many people as you see. Talk with security guards and janitors, ask for their names, and greet them daily.

Be a rebel

Let us consider Jesus as the ultimate rebel. Do you know the story when Jesus overturned the tables of the money changers outside of the temple in Jerusalem? While he preached nonviolence and peace, he certainly wasn't an easy man to deal with. Don't avoid confrontation on the street and don't take shit from nobody.

Education and school

I grew up going to Catholic school as a young boy from grade pre-K to to grade 8. What I loved most about this experience was the fact that while it was strict and emphasized the importance of your grades, studying, learning history, science, math, etc. They also allowed us to express ourselves creatively. Every week we had a different arts and crafts project, had time to spend outside in the direct sun in a grass area, play games, go on field trips, learn about prayer and the importance of community.

From here, I attended Central High School, which is a public school in Philadelphia. Central was a great school, but what I recognized in high school was the fact that it was so easy to just get by in terms of studies. It wasn't strict like Catholic school at all. I never really gave any effort in school and would always just cram all of my studies in right before the test and still pass with decent grades.

I think I recognized in high school that all of this education and schooling really doesn't matter. All you had to do was listen to a bell ring, walk to the classroom, sit down, shut up, listen, absorbed information, rinse, and repeat. You would do this consistently every single day, and then, when the test day comes, you just cram in as much memorization as possible right before the test.

It feels like you're on an assembly line in school, being trained to be the perfect factory worker or something. No real wisdom or knowledge came through in high school, but I guess it is what you make of it. I would skip class, sneak out of the back doors, and walk around outside at the nearby university most days. I couldn't stand sitting down and being in these crammed classrooms all day. I was always built for adventure.

Prison or playground

One thought I had is that the world can either be a prison or a playground. I choose playground. I want to be like a big kid forever with a camera in my hand, exploring in the never ending open world.

Unshackle yourself and be free. Maybe slavery is of the mind these days and not necessarily of the body or the soul.

Life is the ultimate video game

The last game I played was Cyberpunk 2077. Sometimes it feels like my life is just a Cyberpunk game in a dystopian world.

When you consider video games, they're meant to be fun. You level up, advance your character, interact with the story in your own way, and upgrade incrementally with each gameplay.

Life should be fun, and I like to consider each day this way. **Like in video games, the world is open for you to conquer.**

Rare items are the most valuable

When you're playing a game, the rare items that you find on the adventure are the most valuable. I am thinking of the game, the Legend of Zelda and the Triforce item. In the game, you have to defeat boss battles, explore dungeons, solve puzzles, and find items that advance the gameplay further. The Triforce is the rarest item in the game that represents three virtues: **power, wisdom, and courage.**

Perhaps, like Link, the main character from the Legend of Zelda, we must find ourselves conquering dungeons and acquiring more virtues along the way.

Be a legendary Pokémon

Have you ever played with Pokémon cards or the video games as a child? I remember the legendary Pokémon were always the most rare and powerful. My favorite legendary Pokémon was Mewtwo. He had psychic abilities and insane power and speed. Mewtwo is an unmatched opponent in the game that could defeat almost every Pokémon.

Let's strive to be more like Mewtwo. We are different. We are legendary Pokémon with special abilities that others do not possess.

For instance, my clairvoyance is similar to Mewtwo's psychic abilities. If I would like to photograph a particular scene or thing, I can oftentimes predict when they will occur, or get what I want. I've photographed numerous rainbows throughout my years of travel, which are extremely rare and hard to pull off.

When you put all of your mind, body, and soul into any endeavor, anything is possible.

Clothing is armor

Have you ever played Skyrim? In Skyrim, the dragon armor was the most rare and powerful from what I remember. I always liked having the best armor because it made my gameplay easier and I felt better.

Lululemon clothing is like dragon armor. My favorite aspect of Lululemon clothes is the fact that I don't sweat as much when I wear them. The shirts fit my body nicely, making me feel powerful, and good. Their shorts have zipper pockets. Their vests are warm with places to store my camera equipment, and other things. There is no other clothing brand that I find reputable or trustworthy other than Uniqlo.

Apple Vision Pro and VR Sucks

I tried both the Apple Vision Pro and VR. Honestly, both of them are very lame. They're extremely cumbersome and clunky, and uncomfortable to put on your forehead. You wind up getting a headache, and feel unwell after playing or using them.

The Apple Vision Pro is lame because it's essentially the same thing as just walking around with your iPad or iPhone, but it's just glued to your face. Not only will these devices promote more antisocial behavior, but they're generally used while sitting down and inside. This is extremely unsettling as we become more and more comfortable building technology that is designed to be used indoors.

What is this trend towards being indoors? My simple thought is:

To be outside is where humans thrive, and to be inside is where souls go to die.

Daily rituals

I find that having a daily ritual sets myself up for success. My favorite thing to do each day is listen to the beautiful music of the Wanamaker Organ here in Philadelphia. It's the world's largest playing pipe organ that sounds each day, except for Sunday, at noon and 5:30 PM.

I find it to be one of mankind's greatest artistic achievements inside this beautiful piece of architecture. The fact that I can listen to it each day during a public show for free is astonishing. Instead of constantly listening to mediocre music throughout the day with AirPods, I like to take my time to admire the sound of the organ.

Set limitations

In life, perhaps it's wise to set limitations.

Personally, I've adopted the carnivore diet for the past year now. I set the limitation to eat only one massive meal per day. Not only is this increasing my strength by having more meat, but not eating throughout the day is allowing my mind and body to stay laser focused. I like the challenge and the limitation of not eating while 24 hour fasting. I feel much more capable to conquer the day and do anything that I desire with ease. I suggest giving it a try, but I'm no doctor or health expert. I simply found something that really does work for me and keeps me happy.

With photography, perhaps this is a similar concept, to set limitations. **Limit yourself to only using one camera and one lens.** This will allow you to become in tune with the rhythm and the beat of the street. When you're constantly changing your camera on your lens, it will become much more difficult to quite literally *see the world*. When you keep the lens glued onto your camera, you will start to see much more clearly, and become one with your camera and the world around you.

Don't touch your worm

Another limitation I've set is practicing semen retention. Semen retention is the fastest way to transcend to greatness. I've been on it for over a year now and have never felt better. Detox from the dopamine overload. Turn inwards and increase your power and keep your generator going. Perhaps it is true, **the power really is in your spunk.**

Harden yourself

In the soft world, it's important for us men to be hard. Don't allow the external factors in world around you disturb you. Harden yourself through weightlifting, meditation, and controlling your temper. When nothing really bothers you anymore and you're a physically and mentally strong and capable person, you float through life on a feather bed.

Fasting brings you closer to God

Maybe God is in your gut? When I have an empty belly, there's a clear connection between my mind and my body. I'm so much more sharp and alert, and my cognitive ability is at a great height. When I'm fasting, I feel like I can tap into my God-like intuition from my gut much easier.

Gratitude is the best attitude

Each morning when I wake up, I look outside, head to the nature trail, and find such appreciation for everything around me. I'm so grateful that there's a sun above my head, beautiful trees, birds chirping, and the chaos of the streets.

I have a deep appreciation for people and society, and love being a part of the city. I find that life is too short to be petty, and not fuel your attitude with gratitude. For me, meat, salt, water, sunlight, nature, and people, are the things that inspire me and keep me happy and grateful.

Perhaps this is the best approach going forward, simply remain thankful and grateful for the simple things in life.

Dante Sisofo

Some more articles on photography found [here](#):

1. [The joy of photography](#)
2. [Street photography as a personal diary](#)
3. [How I improved my photography](#)
4. [Interact with people on the street](#)
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