

Shoot from the Heart

*Elevate the mundane,
Walk the same lane,
Every single day,
Find something to say,
In the spirit of play.*

*Don't shoot from the hip,
Shoot from the heart,
Stop overthinking,
Just start.*

*There's so much to do,
In this beautiful world,
Create your own path,
And give it a twirl.*

*Sing, dance, and hike up the mountain,
You may not reach the peak,
But one day, your body will be,
Back down, in the ground.*

*So don't play it safe,
Find comfort in danger's embrace,
With courage in your stride,
And fear set aside.*

Carve Your Own Path

Photography is about seeing the beauty in what others might overlook. It's about moving through the world with intention, capturing fleeting moments that reflect your courage and heart. **Don't shoot from the hip—shoot from the heart.** Stop overthinking, and just start.

In this vast and beautiful world, there's an endless array of experiences awaiting us. Each day offers a chance to carve your own path, to give life a twist of your own making. Embracing courage, dancing, singing, and venturing out at sunrise—all these moments build a life full of vitality.

"Don't play it safe. Find comfort in danger's embrace, with courage in your stride and fear set aside."

Photography as a Way of Life

Courage is essential in photography, as it is in life. **Curiosity** drives us forward, but **courage** helps us step into the unknown. A photographer's place is on the *front lines of life*, capturing what others might miss.

"I think there's something about power, energy, strength, and courage that maybe isn't talked about as much within the realm of photography."

Lessons from Youth: Finding Courage in Play

Since childhood, I've been drawn to the *spirit of play*. Whether I was building tipis, climbing trees, or learning to skateboard at the FDR Skate Park, the courage required to embrace danger shaped my view of the world.

"There's a fearlessness required to skateboard that I am very grateful for learning at a very young age."

These early experiences taught me resilience, a lesson that has stayed with me as a photographer who ventures into unfamiliar and challenging places.

The News and the Fear Narrative

Today's media thrives on fear. They want you to feel scared, to stay inside, and to avoid risks. But fear is no way to live. Instead, wake up with courage and curiosity, ready to face the day and all its possibilities.

"If I were to sit back and turn on the TV... I'm not going to want to go out there. I'm not going to want to go and see my town. I know that my town is beautiful. I know that there are good and bad people, just like anywhere in the world."

Jerusalem and the Spirit of Play

When I traveled to **Jerusalem**, I explored Palestinian cities, including Shu'fat in East Jerusalem. The news filled me with fear, painting a grim picture. But I had to disconnect from these narratives to experience it myself. With my camera as a key, I unlocked doors and connected with people, drinking tea, dancing, and sharing laughter.

"When you're courageous and walk with confidence, you just disappear—you become one with the crowd. You find yourself in a dangerous place, or an unknown situation, being welcomed with grace when you embrace the spirit of play."

Lessons from the Peace Corps

Living off the grid with the **Peace Corps** was another lesson in courage. My first encounter was a scorpion on my door. Sleeping under a mosquito net with spiders around, I understood the privileges of modern comforts.

"When you go to bed in the village, you hear all these insects and critters outside. You have to overcome this fear of the unknown."

Observing Change and Beauty Over Time

There's a quiet beauty in *walking the same path each day*, observing subtle changes in light and season. These small shifts are a pleasure for the photographer's eye and a reminder of the world's transient beauty.

"We are merely painting with light... back to the basics with black and white, light and shadow."

The light is always moving, like the river. Our bodies, too, should be in constant motion, moving forward with courage and resilience.

Photography as a Dance with Life

Photography invites us to be active participants in life, to engage with the world rather than passively observing it. We are actors in the *drama of life*, capturing fleeting moments with courage and heart.

"A photographer is responsible for positioning themselves on the frontlines of life."

Shoot from the heart. Let each photograph reflect your courage, and move forward without fear. Through your lens, create your own world—vivid, meaningful, and real.