

## Onwards and Upwards

Every click of the shutter gets me closer to my goal.

I treat every day like war. My camera is my sword, and my new weighted vest is my armor. Perhaps it's most wise for us to sharpen our sword every day like a blade in the fire. There is no more land left for man to conquer, but we can dominate within the realm of art and photography.

### HIGH ENERGY

*Why do I wake up at 4 am every day to practice my photography?*

Think backwards. Will you regret not going all in on what you love?

I want zero regrets when I get older. I want to know I did absolutely everything in my power to become the greatest photographer and artist I can possibly be. If I want to become the best in the world at what I do, of course, I'm going to be a bit crazy.

*Name one genius that ain't crazy - Kanye West*

Do you have the will to press the shutter? The will to produce? The will to photograph? **Fulfill your purpose now.**

### How to Achieve Rausch

Euphoria is very simple to achieve. Embrace *SEAP* - **Sleep as early as possible.**

The more sleep you get, the more power you will have the following day. Also, before you go to bed, pre-prepare your coffee, store it in your fridge, and just wake up and slam it right away. This way, you don't have to sit around, waiting for your

coffee to cool down, and do all this nonsense of preparing coffee in the morning.

Throughout the day, never sit down. If you feel tired or the need to sit, just go lay under a tree and take a nap. Spend zero time throughout the day indoors and only use your home to eat and sleep. Just stay on the battlefield.

Anytime you sit down during the day is a defeat. When you sit down, don't you feel your body start to shut down? Your muscles become relaxed, there are no longer firing, and become more sagging and complacent. Let's continue onwards throughout our day, and never sit still. Embrace ecstasy, and the euphoria of using your muscles and engaging all of your physical body from the moment you wake up until the moment you go to sleep.

### **The Body is Democratic**

Anyone can stack money in their bank account and buy some loser car or fancy watch. There's one thing that money can't buy.

*Money can't buy you a demigod physique.*

The body is democratic because everybody has one. However, not everybody possesses the willpower to become the strongest and most beautiful version of themselves. Why does this matter?

Our body is the ultimate vehicle that moves us through the world. Your two legs, your tall spine, is what keeps you upright, and gives you that ability to move onward. If you're sitting around, consuming, eating junk, and allowing your soul to slowly die, that's on you. You made the decision to live that way. Nobody's gonna pick you up and force you to move. If someone held a gun to your head and forced you to sit down for eight hours per day to accrue money and numbers in a bank account, would you do it?

No, just let them pull the trigger. Don't squander your potential, and stop making an excuse. Everybody possesses the ability to become a demigod.

## **Why Beauty is Important**

Tattoos and piercings are ugly. Unless you served in the military and have a valid reason for marking your body, why are we tattooing ourselves so much? When I walk around the city, I can't help but notice the trend towards ugliness.

Beauty is important because the more beautiful people are, the more willingly we will reproduce with each other, form families, and relationships. We are denying our physical bodies, damaging them, uglifying ourselves, and creating a population of damaged souls. Have you ever seen an elderly person that looked beautiful with tattoos? No.

## **Out with the Old, in with the New**

Forgiveness is critical. It allows yourself the permission to move on. We must move onwards and remove all old traumas and negative emotions behind. To forgive and forget is the ultimate virtue.

## **What are You Paying Attention To?**

I think we should all just go sit alone with ourselves and our thoughts for a bit. Through contemplation and spending time alone, you can find your calling or your purpose in life. Think about how you were as a little kid, as a child, and what you enjoyed doing. Maybe we should all go back to that kindergarten self when we wrote down in crayon what we wanted to be when we were older, and just become that thing.

*The unexamined life is a life not worth living.*

Constantly being bombarded with external stimuli in this modern world, and this is not good. Advertisements and commercials constantly change our hormones, and cause them to be imbalanced, provoking emotional responses from the viewer. All

of the outrage, news, and media are pulling at our heartstrings. Remove all of this nonsense from your life, and stop paying attention to it. Pay attention to the leaves, and watch them wiggle. That is the ultimate television show.

If happiness lies in learning to perceive exactly what is in our power to change and what is not, perhaps we would be most wise to subtract all of this stimuli from our lives.

*Amor fati*

Let's move onwards and live in harmony with God and nature. Subtract the noise.

### **Don't Respond**

If somebody is mad at you, don't react. Just stare at them, directly in their eyes, and watch them walk away. Let's stop feeding people what they want, stop reacting, stop responding, and just say nothing. All these weak people out there, raging around the streets, screaming at each other, honking their horns, and yelling and screaming through their car windows... let's just ignore.

### **How to Unplug from the Matrix**

Let us all take a moment to collectively reach for that cable that's connected to the back of your head, and rip it out! Unplug yourself from this matrix world, and disconnect from these online services, whether it's YouTube, Instagram, Facebook, TikTok, Twitter, whatever it may be. Is it really that simple to exit the matrix? Honestly, I think so. Remember how in the matrix movie Neo wakes up in reality and is covered with all that gooey stuff on his body? Think of the typical person in this modern world, waking up, and checking their phone right away. If you're waking up, and have the urge to reach for your phone, and go on Instagram, it's almost the equivalent of waking up, taking a poop, wiping with your hands, and smearing it all over your face and your body. Do you want poop all over your body? No, so let's unplug, disconnect, and escape the matrix as soon as you can. Let's do

it now, and let everyone else get sucked in and become peasants in the future digital world that we live in. It's not our goal to save others, to unplug others, as you must be willing to do it yourself, similar to that of acquiring a beautiful body.

### **Take the Road Less Traveled**

If you're anything like me, you are probably a misfit. Don't force yourself to fit a triangle puzzle piece into a circle.

If you've ever felt voiceless or powerless, recognize the power of photography. Photography is a universal language, which allows the photographer to have a dialogue with the world, and give a voice to the voiceless. Maybe you're shy, and don't want to use your actual voice, and speak up, and that's fine. Empower yourself, and use your voice, through the medium of photography.

### **We Are Not the Same, I Am a Martian**

So let's move onwards, and see how far we can go. Let's strive to move upwards throughout our journey, but recognize that we are earthbound creatures.

*Maybe the best photographs are the ones that remind us of how low to the ground we are, how bound to gravity we truly are.*

While we are mortal, and in this world, perhaps we should not be of this world. Let's reach upwards, and go beyond.

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