

VITALITY

Do you have the will to win?

There's a field of possibility every morning we wake up. I believe that when we put our physiological power, or vitality, at the forefront of our lives, everything else will fall into place.

Why keep working without seeing results?

Every day I'm getting better. I'm honing in on the process, failing, and pushing onwards. I'm obsessed and know that I'm the new king of the streets.

SEAP - Sleep as early as possible

So I've been subscribing to this new notion I came up with, SEAP, to sleep as early as possible. *Why is sleep so important and how can this increase our vitality?*

I believe that our bodies are the battery, and the sun is the charger. Firstly, by absorbing all of the sunlight, the UV rays, and allowing it to be absorbed throughout my skin, my body, my eyes, I am increasing my raw and physical power throughout the day. I believe as much as we are animals, we are like plants, and require very simple natural things like water, and sunlight. The problem with modernity is, we have so many sources of artificial light, such as phone screens. By keeping the phone screen by your bedside, it will most likely inhibit your sleep pattern. Consider the iPhone, and plugging it in when it's at one percent to charge. Getting proper sleep is similar to rebooting the iPhone from one percent to 100% charge. Let's put our bodies first, and leave the phone out of the bedroom. You don't need to be a slave to time, or the alarm, just set your body in tune with nature itself. Our circadian rhythm is our natural biological clock, and if you are in tune with this, you will no longer need the phone in your bedroom. My biggest suggestion is to stay in the sun as much as you can throughout the day, and when it's starting to set, watch the sunset for a little bit, go inside, eat, and just get right to sleep. As the sun is setting, and it becomes darker outside, you will naturally feel your body start to

shut down. You become drowsy, less alert, and ready for bed. The pineal gland in your brain will start to produce melatonin, a hormone that will regulate your sleep, and is also responsible for your elevated mood, and vitality throughout the following day. It is very critical that we are in tune with nature, and our bodies, so that our moods are regulated, and we are full of life, force, and energy, to push onwards. Think more critically about sleep, and how you can increase your vitality by simply resting. I personally go to bed around 8 PM, and wake up at 4 AM, getting a perfect eight hours of sleep.

Also, consider the sun, and how it is simply keeping everything on this planet alive right now. Everything alive is on fire. Metabolism is always burning, on fire. Let's keep that spark with us going, keep the fire burning, and embrace the heat of the sun. Physiological power is everything.

Skin and sexiness

Tan skin is sexier skin. I always love getting compliments from people, who tell me I have such a nice tan, and ask if I've been on vacation recently. I find it funny because I'm simply walking around the city of Philadelphia, and haven't traveled anywhere recently. I just spend the maximum amount of time in the sun.

This past year I visited the Philadelphia Museum of Art during the antique show. I remember going to the medieval section, looking at the medieval art, admiring some of the pieces of armor, swords, and weaponry that they have. I also saw some of the paintings, and was curious about them. I was with a friend, and was asking him, why is the skin of the people in the painting so pale and white, almost just pure white color? He told me that in medieval times, the royalty would powder their face white, with makeup, to signify their class or status in society, as they spent their days comfortable in the palaces or castles as the peasants toiled on the farm. I find the irony of this to be, the new privilege, or luxury, is having a full body tan. Tan skin is a sign of freedom, of maximum time spent outside, and perhaps the roles are reversing in modern times. Just think of the typical 9 to 5 office worker, they come outside, around 5 PM, sometimes even 6 PM I see, in the streets, and they are just so pale. They almost look like the royalty depicted in the medieval paintings. And I feel like this isn't good, it's a sign of weakness, and not something I would wish upon my worst enemy. To be honest, it's kind of ugly, and startling, and looks like

there is no life within them. This is a sad truth, and reality, as we know it in these modern times, where the free men, with full body tans, and the slaves, are locked away in the cave, or the castle, and they're the ones who are truly toiling. Are we the new royalty?

Live like you could die tomorrow

We have a past, we have a future, but let's revel in this moment, right here, right now. Let's live like we could die tomorrow, and champion this day.

What if there is no tomorrow?

If you knew this was your last day, what would you do differently? How would you spend your time? What would you give your attention towards?

Maybe once you remove the fear of death itself, we are truly free. Whoever has gained relief from grief, fear, anxiety has gained freedom. People in fear are the walking dead, zombies.

So let's go hardcore or nothing. Let's use all of our vital force energy, and power, to pursue the things that we love. I think we should be more playful, like a child, throughout our final days on this earth.

Retirement?

I live in a building with 99% elderly people. Yesterday on the elevator, I heard some people talking about retirement, and if they are enjoying it. One lady said that she's enjoying what she does for work and doesn't want to stop doing it. Another man said that he felt the same way until he stopped doing it. This notion of retirement is funny to me, and something I truly do not desire. Why wait until you're 65 years old, to finally be free, to do the things that you enjoy? I concur with the first lady, who said that she doesn't want to retire, because she genuinely enjoys her life. I think this is where we want to be, to almost feel as though we are retired, right now. Don't trade your soul for money. If you feel like your soul is being sucked out of your

job, maybe you shouldn't be doing it. We just have to find what works best for us and design the life that is perfect for yourself. I hear a lot of people complain about the work that they do in the city, and I completely understand why, because most of it just makes you feel like a cog in a machine.

What is a child?

A child is full of ignorance and inexperience. A child is every bit our equal in this regard.

Remaining in this childlike state, we have an endless opportunity to learn and grow. I never want to become a master at my craft, I want to remain an amateur, so that I can forever push myself, creatively, innovating, and do something new each day.

Who was your favorite Pokémon?

My favorite Pokémon was Cyndaquil, from Pokémon Silver on the Game Boy. He was one of the starter Pokémon, and my favorite, because he looks cute, but if you agitate him, he will become inflamed with fire and attack you. If you are also a member of Generation Z like me, maybe you grew up playing Pokémon, think about which one was your favorite, and why?

Serenity

Avoid the hobgoblins. If there's anyone that's unnecessarily anxious, fearful, and causing problems generally in your life, just remove them immediately. Find your inner peace, and stay away from the ghouls, and the hobgoblins. If you can feel someone sucking the energy from you, would you allow them to continue draining your energy?

Everything is going according to plan

I remember one of my favorite video games growing up for the PlayStation was Kingdom Hearts. In Kingdom Hearts, Sora and his friends start off on an island, Destiny Island. It is here where they decide to build a raft, and seek to go and explore other worlds. They look beyond the horizon, and wonder what is out there. However, darkness appears, pulling one of the friends into the portal of darkness, as Sora follows the light, and his journey is to defeat the darkness.

Maybe everything does happen for a reason, and we all have a predetermined destiny. We've all come here to fulfill something important, something meaningful in our lives. We have so many choices to make, and free will, but maybe through eliminating these choices, and honing in on that one thing that you truly deem to be your purpose, we can find meaning in our lives. Trust the process, and embrace your fate, and what destiny has to offer you.

Will you choose to follow the light or darkness?

Design the perfect life for YOU

I feel as though I've designed the perfect life for myself. I spend most of my time in nature, which I am certainly fond of, as since I was a young boy, I would spend most of my time in the woods, building trees and forts, sharpening spears, building bridges with stones, etc. Now I work in horticulture, tending plants, trees, clearing land, and spending the maximum amount of time throughout the day outdoors working on projects that I care about. I actually never spend any time inside other than when I go to eat and sleep.

After I work, I come home, by riding my bike, which is actually way faster than driving a car, as it takes me only 15 minutes, as compared to getting stuck in traffic for most likely a half hour, and hit the streets for 3 to 4 hours. I designed a life where I get the best of both worlds, embracing my childlike curiosity in nature, through physical leisure, or what I like to consider, play, and then also honing in my craft, my calling, my purpose in life, photography.

It's better to be a warrior in a garden than a gardener in a war.

Why work? Why not play?

I don't like the idea of "work." Think of it as play. When we were kids, and we would play games, we did so voluntarily. As we get older, society conditions us to view activities as work rather than play, which ultimately leads us to anxiety, depression, etc. If we treat everything we do as play, I believe we feel the best throughout the day. Stop considering everything as work, or something that you "have to do." Voluntarily do what you deem worthy of your time, and play the game voluntarily.

I choose to sacrifice wealth for freedom. This is more important to me.

Fat is energy

Why the hell are there so many random late-night cookie places opening in Philadelphia?

I've noticed so many of these late-night cookie places, where you can order cookies, and have them delivered to your house, at any time of the night. This is so strange to me, as if we were becoming like little children, needing milk and cookies before we go to bed. I think this is a byproduct of the drunken culture, late nights, clubs, bars, etc., where people indulge in the weirdest hedonistic things.

Consider removing all of this processed junk, and eating the maximum amount of fatty red meat, we will be satiated throughout the day, from storing this fat as energy. Be more critical of the foods that you consume, or more importantly, what you do not consume. Think satiation, energy, and power. What foods will give you this? I think it's quite obvious...

The physical world is transient and imperfect

The world is made of words?

Maybe we should only use our voice early in the morning, through writing, or speaking, during walks in nature, or through meaningful conversations with other people. I usually find myself chatting with myself, to my GoPro, with ChatGPT, as a way to learn, maybe a few strangers along my walk, on the streets, but other than that, I'm silent throughout the day. Maybe we should be more mindful of our chatter? Just speak as little as possible. Let's start to only speak when we have something to really say.

The moments are transient, and so are our lives. Let's make them count.

Become lighter

Let's recharge our bodies. Let's become lighter, and loftier. After going for a one-hour walk with my 40-pound plate carrier, and taking it off, I feel 40 pounds lighter! Let's restore our bodies, become in tune with nature, and float through life on a featherbed, unscathed, through the strife.